



Newsletter of the Hualapai Tribe

GAMYU

Issue #08

Friday, April 21, 2017

Everyday...



Is Earth Day...

April Updates • Hualapai Tribal Council
Submitted by: Dr. Damon Clarke | Hualapai Tribe, Chairman

Gum iyuje?

We wanted to bring you up to date on the Tribal Council issues, travels, and concerns. Hope you had a great time during Easter with your families and churches. We are looking forward to the Spring cleaning of the community during this time. We look at Earth Day to be April 28, 2017 and giving time to give our homes a special clean up. So, get ready to this day.

The tribe has been looking forward to the Transit system for some time now. It has been in operation for about two or three months and we have had a good turn out with the system. People are pleased with the system, especially in the areas of Buck and Doe, Milkweed, and Music Mountain housing areas. We are experiencing some problems though. Some of our members are not abiding by the rules of the program by being intoxicated and carrying on beverages that contain alcohol on the bus. You will not be allowed to ride the system if you are not following the rules. Remember there are our youth, students, kids that are on the bus and you are endangering them.

Another issue that has come to our attention is the overall operation and local employment for the tribe. We have offered the services to have local drivers, but many tribal members did not apply for the positions. We did have a couple, but they did not complete the course. We had another training session, and again, we did not have locals apply. Please do not hesitate to contact the Tribal office for more details on how to apply to any driving position with the Transit Department, you have that right to apply and work, only if you complete the course, and satisfy all requirements. Let's make this program work for the benefit of the people and be courteous of the people that are driving for the safety of all.

We had our annual Shareholders' meeting on April 7, 2017 at the Tribal Gym. The turnout was good, but could have been better. The next day April 8, we celebrated the 29th year of Grand Canyon West and 10 years of the Sky Walk. Again, the turnout was great and GCW is on track to surpass a million customers this year. We are very proud of our Corporation, the Employees, and all the strides we are making with the Operations.

During the last part of the month of March, several council members met with our Attorneys, Mr. Reid Chambers, Mr. Don Simon, and our Lobbyist, Ms. Samantha Stone to meet with our Arizona delegates in Washington, D.C. : Congressman O'Halleran; Congressman Gosar; Congressman Schweikert; Senator McCain's Office staff; and the Department of Interior (Acting Assistant Secretary Jim Cason, Mike Blake, Miles Janson, Ruth Thayer, and others). We made great progress with all parties and it looks like we will be re-introduced in the Senate and House for considerations. This has to deal with our Water Settlement, we may be looking at June or July for this to occur.

In closing, we leave you with the following:

Inspire Personal Accountability
from *Change Is Good...You Go First*
by Mac Anderson and Tom Feltenstein

Congratulations to Jessica Powskey on winning the Earth Day Logo Design Contest!

Special points of interest:

- HTUA Meeting has been rescheduled to Thursday, April 27, 2017 at 9:00 a.m. at the Hualapai Health & Wellness Department
- Regular Hualapai Council Meeting on Saturday May 6, 2017 at 8:00 a.m. in the Tribal Chambers.
- TERC Meetings are held every third Wednesday of the month and the next meeting is scheduled for Wednesday, May 17, 2017 at 9:00 a.m. at the Cultural Resources.
- 2017 Police Youth Adventure Camp Application (pg 53)

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Something magical happens when we accept personal responsibility for our behavior and our results. But, it's not easy, because it's human nature to "pass the buck." I know there have been times in my life when my business was struggling where I found myself blaming others, blaming the economy, blaming this, blaming that! But as I've gotten older (and a little wiser) when things go wrong in my business, or my life, I can always find the culprit ... in the mirror. In every instance, it always comes back to choices I've made in my life that put me exactly where I am today. I have to say, that this one "tweak" in my attitude may sound like a little thing, but it has made a big difference in my life.



What does all this have to do with change? Plenty! As a manager, one of the most important things you can do in times of change is to get your people to understand how taking personal responsibility and recognizing problems as opportunities will not only help the company, but will help them as individuals. In other words, sell the idea of...what's in it for them?

Authors B.J. Gallagher and Steve Ventura wrote a great book about achieving success through personal accountability titled *Who Are "They" Anyway?* I like their list showing the benefits of adopting a "personal accountability attitude":

- You have more control over your destiny
- You become an active contributor rather than a passive observer
- Others look to you for leadership
- You gain the reputation as a problem solver
- You enhance your career opportunities
- You enjoy the satisfaction that comes from getting things done...the power of positive doing
- You experience less anger, frustration and helplessness—all leading to better physical health
- You realize a positive spillover effect into your personal life at home

Ham o kyu!



March and April Updates • Hualapai Tribal Council

Submitted by: Dr. Damon Clarke | Hualapai Tribe, Chairman

Hualapai Tribal Council Updates

Resolutions adopted March/ April 2017

The following Resolutions have been reviewed, discussed, and adopted by the Hualapai Tribal Council for the months of March and part of April 2017:

Resolution 18-2017 was adopted in reference to the "Amendment to Hualapai Law & Order Code, Chapter 9, Section 6.424(c) and Section 6.154". (Exclusions) March 4, 2017.

Resolution 19-2017 also was passed "Tribal Membership Enrollment of 4". March 4, 2017.

Resolution 20-2017 - "A Resolution Opposing Arizona House Bill 2234, Legislation to Authorize the Arizona Lottery to Utilize Software Applications That Allow Arizona Lottery Consumers to Purchase Tickets Using Mobile Devices." was adopted by the Hualapai Tribal Council. March 4, 2017.

Resolution 21-2017 was also adopted entitled, "A Resolution Authorizing a Consultant Agreement with Taylor Policy Group, Inc. To Evaluate the Value of the Hualapai Tribe's Transfer Agreements." March 4, 2017.

The Council adopted **Resolution 22-2017** "Omnibus Ratification of Prior Residential Home Site Leases." March 4, 2017.

Resolution 23-2017 "Modification to Resolution 45-2005 Charlene Hartridge residential Lease" was adopted by Tribal Council on March 4, 2017.

Resolution 24-2017 was adopted "Severio Cabrera's Residential Lease" on March 4, 2017.

An "Amendment to Resolution 44-2014 Housing Improvement Program (HIP) Succession Resolution" was adopted on March 4, 2017. **Resolution 25-2017**.

Resolution 26-2017 was successfully adopted entitled: "Authorization of grant application to DOT, Public Transportation on Indian Reservations Program: Tribal Transit Program, FOA Number FTA-2017-002-TTP, CDFA Number: 20.509" on March 4, 2017.

Resolution 27-2017 adopted with "Amendments to Sections 101, 102, 104, 107, 108, 109, 203, and 209 Hualapai Tribal Utility Authority Ordinance to include Telecommunications" on March 4, 2017.

The Council adopted **Resolution 28-2017** with the following language "Fee to Trust Signature Authorization" of the Valentine Cemetery; The Truxton Triangle; Hunt Ranch Parcels 1-5; and the Cholla Ranch areas.

Resolution 29-2017 was adopted on March 4, 2017: "Authorization of Grant Application to the National Park Ser-

vice's Tribal Historic Preservation Grant Program".

The Hualapai Tribal Council adopted **Resolution 30-2017** "Mesquite Woodlands Restoration" at Milkweed Springs area on March 13, 2017.

On April 13, 2017 the following Resolutions were reviewed, considered, and adopted by the Tribal Council:

Resolution 31-2017 Tribal Membership- 11. With this 11 members and the loss of loved ones, the current enrollment of the Hualapai Tribe was 2362.

Resolution 32-2017 was passed "Goldie Havatone Residential Home Site Lease".

Resolution 33-2017 "Authorization of grant application to Freeport-McMoRan Foundation Native American Community Activities Contributions Grant Program". This is for the Tae Kwon Do workshop for the summer.

Resolution 34-2017 "Authorization of grant application to Freeport-McMoRan Foundation Native American Community Activities Contributions Grant Program". This is for a mobile skate park and supplies to keep the park clean.

Resolution 35- 2017 "Hualapai Veteran's Organization".



Intent to Purchase • Trout Creek Ranch

Submitted by: Dr. Damon Clarke | Hualapai Tribe, Chairman

Trout Creek Ranch

The purpose of this declaration is to inform you of the Hualapai Tribal Council's intent to purchase "Trout Creek Ranch" in Mohave County, AZ. Trout Creek Ranch is located 40 miles Southeast of Kingman and about 15 miles North of Wikieup. The price of the Ranch, which includes all equipment and livestock, is \$925,000.00. The areas that we are looking at are ancestral to the people of the Hualapai and have burial sites of some of our ancestors. We are looking to the people for a vote to purchase the Ranch. The intent is to re-establish our Tribal Herd, to employ ranch hands, and to maintain the Ranch that will be able to produce alfalfa, oats, and Bermuda. We will be able to sell our feed to local cowboys and others at a reasonable price.

There is electricity and telephone already hooked up at the area. The Ranch is in the Bill Williams River Watershed for surface water and the Wikieup Sub-Basin of the Big Sandy Groundwater Basin. It has two wells that are in operation, but in fact there are four wells registered. There is surface water registration and it is 1,814 acre feet annually for irrigation and stock. The Ranch is located near the Hualapai Indian Reservation to the south.

Included in the price is an old ranch house, another frame house, three-mobile homes, hook up for RVs with water, power, and septic system. Corrals, working pens, and other outbuildings are nearby. There are 40 head of cows, 5 bulls, and 3 heifers that are included. Other equipment are included "as is" to work the fields. It is 163 acres in which 35 acres are irrigated and planted with alfalfa, oats and Bermuda.



Mohave County Household Hazardous Waste Collection (Kingman) • Sunday, April 30th

Submitted by: Wendy Bumgarner | Hualapai Tribe

MOHAVE COUNTY

HOUSEHOLD HAZARDOUS WASTE COLLECTION EVENTS

Mohave County, in conjunction with the Kingman Fire Department, The Kingman Clean City Commission and the Bullhead City Fire Department will be sponsoring TWO (2) Household Hazardous Waste (HHW) Collection events in Bullhead and Kingman. The HOUSEHOLD HAZARDOUS WASTE events will provide at **no costs to the residents of Mohave County**, an opportunity to conveniently, properly dispose of household hazardous waste, and thereby minimizing potential impact of the local environment and groundwater caused by improper disposal.

Household Hazardous Waste Collection Dates, Times and Locations

Kingman's FREE collection event will be held in the parking lot of the **OLD Mohave County Public Works, 3675 E. Andy Devine Ave.** on **Sunday, April 30, 2017.**

Open to public from 8:00 AM until 1:00 PM.

Bullhead's FREE collection event will be held in the parking lot of the **D.M.V** located at **1325 Alonas Way** in Bullhead City on **Saturday, April 29, 2017.**

Open to public from 8:00 AM until 1:00 PM.

The full range of household hazardous waste, with the exception of explosives, will be collect. If a resident has explosive to dispose of, please contact the Sheriff's Department, Police Department or Fire Department. *The events will be held as scheduled regardless of normal weather conditions, however, events may be canceled without notice if hazardous weather occurs during the event that is a threat to the Safety and General Welfare of the public, event participants, or staff.*

Examples of Household Hazardous waste include: used oil, spent antifreeze, paint thinner, fuel, old paint, solvents, pesticides, herbicides, florescent light bulbs, metallic mercury, household batteries, car batteries, adhesives, waxes, tars, resins, poisons, acids, aerosols, any other products that are labeled: Caution, Warning, Danger, Poison, Toxic, Flammable, Combustible, Corrosive, and tires off the rim. Commercial Tires and Commercial Waste will NOT be accepted. The contractor selected to collect and dispose of the waste, Stericycle, will use the best available technology to recycle products collected at the event.

Questions or comments: Cullin Pattillo (928) 757-0903

Invitation for Bids for Construction of Park and Ride • DUE Wednesday, May 24th
Submitted by: Selina Sanders | Hualapai Public Services Department



**NOTICE OF INVITATION FOR BIDS FROM PARKING LOT
CONTRACTORS, IFB NO. 01-2017**

CONSTRUCTION OF PARK AND RIDE IN VALLE VISTA, AZ

Notice is hereby given that the Hualapai Indian Tribe, hereinafter referred to as the "Tribe", is soliciting bids from parking lot contractors to construct a paved park and ride facility located in Valle Vista, Arizona.

The Tribe invites Indian and non-Indian owned firms to submit sealed bids. The Tribe will select the bidder whose bid does not substantially exceed the amount of funds available for construction of the project, subject to applicable Indian Preference requirements and assessments of the Bidder's responsiveness and responsibility under federal law. Funds are derived from the Federal Transit Administration and procurement subject to FTA Circular 4220.1F and the Hualapai Tribes Procurement Procedures and Purchasing Manual. The park and ride facility must be ready for use no later than two (2) months after contract's Notice to Proceed is given.

A complete copy of this IFB may be obtained from our website at: <http://hualapai-nsn.gov/> Internet access is available at all public libraries. Any interested offerors without internet access may obtain a copy of this solicitation by calling (928) 769-2216, or a hard-copy may be obtained during regular business hours at the Hualapai Public Services Department, Transit Division, 479 Hualapai Way, Peach Springs, AZ. Respondents are invited to review the information and to submit their Bids in accordance with the criteria established within this IFB. Written questions regarding this IFB must be received by the Public Services Department no later than **May 17, 2017**. Questions may then be responded to by written amendment to this document. **Oral statements or instructions shall not constitute an amendment to the IFB.**

All submittals must be received by the due date and time assigned at the submittal location specified herein. **Any response received at the specified submittal location after the due date and time assigned will be returned unopened.** The Tribe reserves the right to reject any or all submittals, or to withhold the award for any reason it may determine, and to waive or not to waive any informalities in any submittal. All information regarding the content of the specific submittals will remain confidential until a contract is finalized or all proposals are rejected.

Submittal Due Date:
Submittal Location:

May 24, 2017, AT 2:00 P.M. LOCAL AZ
Hualapai Public Services Department
479 Hualapai Way
Peach Springs, AZ 86434

Pre-Submittal Conference Date:
Time:
Location:

May 10, 2017
2:00 P.M. LOCAL AZ TIME
479 Hualapai Way
Peach Springs, AZ 86434

Questions shall be directed to:

Phil Wisely, P.E.
Public Services Director
(928) 769-2216 pwisely@hualapai-nsn.gov

Public Notice • Feral Horse Round-Up Beginning Monday, April 24th*Submitted by: Rachelle Mahone | Hualapai Natural Resources***POSTED****HUALAPAI DEPARTMENT OF NATURAL RESOURCES**

P.O. BOX 300 • PEACH SPRINGS, ARIZONA 86434 • 928-769-2254 • 928-769-2255 • FAX 928-769-2309

April 6, 2017

******ATTENTION: PUBLIC NOTICE******

Beginning April 24, 2017, the Hualapai Department of Natural Resources will be conducting a feral horse round-up within the external boundaries of the Hualapai Indian Reservation. This project is being conducted in accordance with Hualapai Tribal Council Resolution No. 50-2003, Ordinance 2B, section 1(b) The grazing of livestock upon reservation lands within an area closed to grazing of that class of livestock, and Ordinance No. 24-70, Section 5.11(f) An abatement Plan formulated pursuant to this section may authorize the trapping, tagging, moving, or killing of hazardous or nuisance animals if necessary for the safety of the public or the protection of property from related damage. This project will continue for an indefinite amount of time until the feral horse population can be brought into more manageable numbers to conserve the natural resources and minimize property damage within the reservation boundaries.

Xc: Don Bay, Director
Annette Bravo, Asst. Director
Oncho Munoz, Acting Ag. Manager
HDNR Department and District File
Hualapai Department of Natural Resources

Looking for Volunteers • Hualapai Fire Department
Submitted by: Kristina Shongo | Hualapai Emergency Services

DO YOU HAVE WHAT IT TAKES??



**THE HUALAPAI FIRE DEPARTMENT
IS LOOKING FOR A FEW HIGHLY
MOTIVATED, STRONG TRIBAL
MEMBER'S TO JOIN OUR
VOLUNTEER TEAM!!**



**THE HUALAPAI FIRE DEPARTMENT WOULD LIKE TO ENCOURAGE ALL
TRIBAL MEMBER'S AND COMMUNITY MEMBER'S TO COME JOIN!!!! BE
PART OF THE TRADITION. BE PART OF THE FAMILY. BE PART OF THE
COMMUNITY.**

FOR MORE INFO FEEL FREE TO CONTACT
US AT:

(928)-769-2205

YOU CAN ASK FOR:

DIVISION CHIEF KYRATE LOMAVITU OR
ANY PERSONNEL ON DUTY. WE LOOK
FORWARD TO HEARING FROM YOU!!

REQUIREMENTS ARE YOU HAVE TO BE AT LEAST 18
YEARS OF AGE. HAVE A VALID DRIVER'S LICENSE.
HAVE A HIGH SCHOOL DIPLOMA OR G.E.D.

Single Family Housing Repair Loans & Grants

Submitted by: Brooke Bender | Hualapai Health, Education & Wellness



Rural Development



Single Family Housing Repair Loans & Grants

What does this program do?

Also known as the **Section 504 Home Repair program**, this provides loans to very-low-income homeowners to repair, improve, or modernize their homes or provides grants to elderly very-low-income homeowners to remove health and safety hazards.

Who may apply for this program?

To qualify, you must:

- Be the homeowner and occupy the house
- Be unable to obtain affordable credit elsewhere
- Have a family income below 50 percent of the area median income
- For grants, be age 62 or older and not be able to repay a repair loan

What is an eligible area?

Generally, rural areas with a population less than 35,000 are eligible. Applicants may check the address of their home to determine eligibility online.

How may funds be used?

- Loans may be used to repair, improve, or modernize homes or to remove health and safety hazards.
- Grants must be used to remove health and safety hazards.

How much money can I get?

- Maximum loan is \$20,000.
- Maximum grant is \$7,500.
- Loans and grants can be combined for up to \$27,500 in assistance.

What are the terms of the loan or grant?

- Loans can be repaid over 20 years
- Loan interest rate is fixed at 1%.
- Full title service is required for loans of \$7,500 or more
- Grants have a lifetime limit of \$7,500.
- Grants must be repaid if the property is sold in less than 3 years
- If applicants can repay part, but not all of the costs, applicants may be offered a loan and grant combination

Is there a deadline to apply?

Applications are available year round as long as funding is available, and are processed in the order they are received.

How long does an application take?

Approval times depend on funding availability in your area. Talk to a USDA home loan specialist in your area for help with the application.

How do I get started?

Contact a USDA home loan specialist in your area.

What law governs this program?

- The Housing Act of 1949 as amended, 7 CFR, Part 3550
- HB-1-3550 - Direct Single Family Housing Loans and Grants Field Office Handbook

NOTE: Because citations and other information may be subject to change please always consult the program instructions listed in the section above titled "What Law Governs this Program?" You may also contact **your local office** for assistance. You will find additional forms, resources, and program information at www.rd.usda.gov. USDA is an equal opportunity provider, employer, and lender.

Last Updated September 2015

Earth Day Celebration • Friday, April 28th

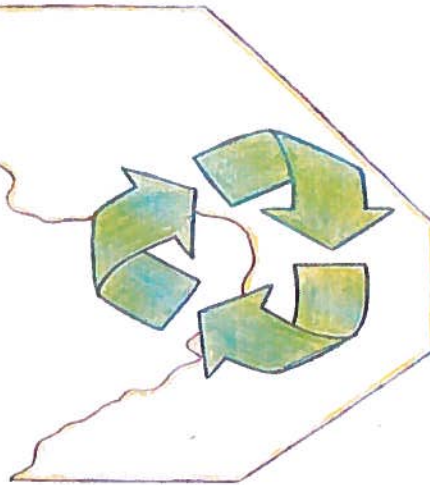
Submitted by: Danielle Bravo | Hualapai Planning Department



Hualapai Tribe presents
The Annual Earth Day Celebration

FRIDAY, APRIL 28, 2017

Everyday...



Is Earth Day...

Join us in our effort, as we continue to-

Beautifully Hualapai

Sign In Information

8:00AM - 10:00AM

Participants will be able to pick up trash bags/gloves & a raffle ticket at the Route 66 Park and can begin clean-up in designated areas.

Be sure to bring your water bottles - there will be vehicles circling the routes to refill them and keep you hydrated. You must sign in to receive your raffle ticket for your participation and be present to win! Good luck.

Caps or Visors Incentive

Participants will receive an "Everyday is Earth Day" cap or visor for their participation in the clean-up at the sign-in location while supplies last!

Lunch

12:00 Noon at the Tribal Gym

Don't be turned away - join the Hualapai Youth Council's "Tableware Challenge" and bring your own washable plate and utensils to reduce the amount of disposables. It is requested that you do NOT bring Styrofoam tableware to the luncheon. *Participants of the "Tableware Challenge" will be able to receive a steak (first come, first serve basis). Raffle will take place throughout lunch.

Entertainment

Provided by KWLP The Peach 100.9FM

If you have any questions, please call Michelle Zephier or Danielle Bravo at the Hualapai Planning Department at (928) 769-1310



Bring It Back Old School with DJ Chaskae • Friday, April 28th

Submitted by: Danielle Bravo | Hualapai Planning Department

**BRING IT BACK OLD SCHOOL
WITH**

"DJ CHASKAE"

Friday April 28, 2017

8:00 PM

@

11:00 PM

CLUB MULTI



ADMISSION

\$5.00

FOR INFO CONTACT VENS/TWILA AT 928-769-2269

National Prescription Drug Take Back Day • Saturday, April 29th*Submitted by: Chief Bradley | Hualapai Nation Police Department***Hualapai Nation Police Department****P.O. Box 490****Peach Springs, Arizona 86434****Office (928) 769-1024 Fax (928) 769-1027***Protectors, Providers, Peace Keepers*

April 18, 2017

NEWS RELEASE**HUALAPAI NATION POLICE DEPARTMENT
TAKING BACK UNWANTED PRESCRIPTION DRUGS APRIL
29 AT HNPd 468 DIAMOND CREEK ROAD OR HNPd GRAND
CANYON WEST SUBSTATION 4800 E. DIAMOND BAR ROAD,
PEACH SPRINGS, ARIZONA 86434**

Peach Springs, AZ – On Saturday, April 29, from 10 a.m. to 2 p.m. the Hualapai Nation Police Department and the Drug Enforcement Administration (DEA) will give the public its 13th opportunity in 7 years to prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs. Bring your pills for disposal to HNPd at 468 Diamond Creek Road here in Peach Springs or the Grand Canyon West Sub Station at 4800 E. Diamond Bar Road out at GCW. (The DEA cannot accept liquids or needles or sharps, **only pills or patches.**) The service is free and anonymous, no questions asked.

Last October, Americans turned in 366 tons (over 730,000 pounds) of prescription drugs at almost 5,200 sites operated by the DEA and more than 4,000 of its state and local law enforcement partners. Overall, in its 12 previous Take Back events, DEA and its partners have taken in over 7.1 million pounds—more than 3,500 tons—of pills.

This initiative addresses a vital public safety and public health issue. Medicines that languish in home cabinets are highly susceptible to diversion, misuse, and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet. In addition, Americans are now advised that their usual methods for disposing of unused medicines—flushing them down the toilet or throwing them in the trash—both pose potential safety and health hazards.

For more information about the disposal of prescription drugs or about the April 29 Take Back Day event, go to the [DEA Diversion website](#) or call HNPd at (928) 769-1024.

DRUG ENFORCEMENT ADMINISTRATION

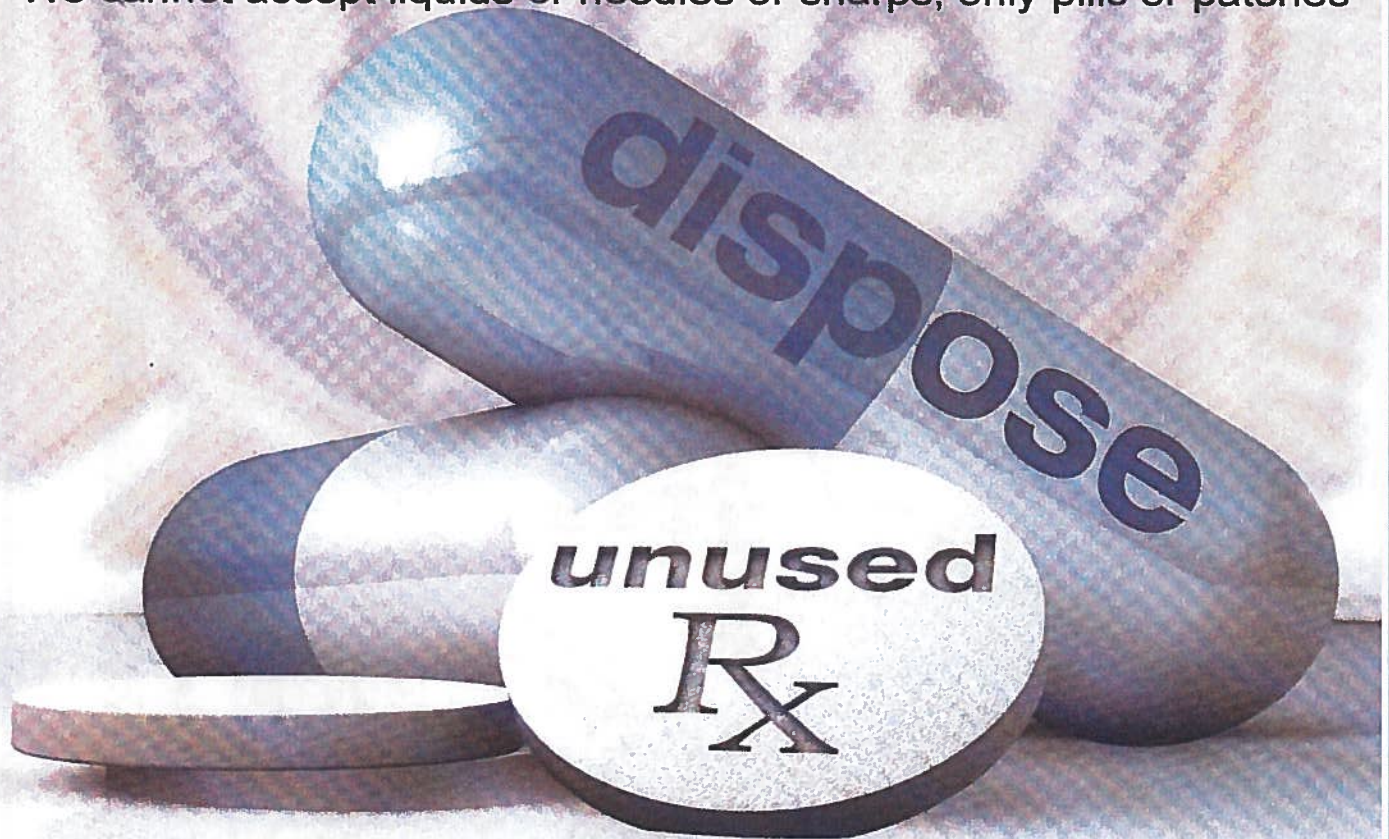
National Prescription Drug **TAKE BACK DAY**

**Turn in your unused or expired
prescription medication
for safe disposal.**

HNPD will be accepting prescription medications for disposal at our main station located at 468 Diamond Creek Road or at our Grand Canyon West Sub Station on April 29, 2017 from 10:00 A.M. to 2:00 P.M.

For further information call us (928) 769-1024

We cannot accept liquids or needles or sharps, only pills or patches



Visit www.dea.gov or call 800-882-9539
for a collection site near you.

10th Annual Hualapai Jr. Rodeo • Next Rodeo - Saturday, May 13th
 Submitted by: Winkie Crook | Hualapai Department of Natural Resources

10th Annual Hualapai Junior Rodeo

2017 Season

Dates: April 8 9:00 a.m. **Events:** Goat Tail Pull
 May 13 9:00 a.m. Goat Tying
 June 3 tba Barrel Racing
 Finals: July 8 tba Pole Bending
 Team Roping
 Break Away
 Slick Pony Race
 Steer Stop

Ages: 0-5 YRS
 6-9 YRS
 10-12 YRS
 13-18 YRS

HJR

Location: Mile post 102.5 on Route 66 4H, Youth and Ag. Facility
Entries will be taken up till 8:30 event starts at 9:00.am
For more Information Please contact Winkie Crook at (928) 769-2255



Notice to Individuals • Monday, May 15th*Submitted by: Court Clerk | Hualapai Tribal Court*

IN THE HUALAPAI TRIBAL COURT
HUALAPAI RESERVATION, STATE OF ARIZONA

GERALD JERRY COOK,
PETITIONER,

CASE NO. 2017-CV-019

Vs.

RAEMA SUMATZKUKU,
RESPONDENT,

NOTICE OF HEARING

TO: RAEMA SUMATZKUKU, PO BOX 516, PEACH SPRINGS, AZ 86434

You are hereby notified that on the 15TH day of MAY, 2017 at 11:00 A.M the court will hold a **INITIAL Hearing** in the above-entitled cause.

You are further notified that it is your right to be represented by Legal Counsel at your own expense.

Your failure to appear at the above-mentioned date, time and place without good cause will result in a Default Judgment entered against you and the Petitioner will be awarded the contents of his/her petition.

Dated this 12TH day of APRIL, 2017.


Clerk of Court

VERIFICATION OF SERVICE

SERVED TO: GAMYU NEWSLETTER

SERVED BY: G.HAVATONE CIVIL CLERK

DATE: 4/12/17 AT 9:45 A.M

Notice to Individuals • Monday, May 22nd*Submitted by: Court Clerk | Hualapai Tribal Court*

IN THE HUALAPAI TRIBAL COURT
HUALAPAI RESERVATION, STATE OF ARIZONA

HUALAPAI DAY CARE CENTER,

PETITIONER,

VS.

REBECCA GOLDENSTEIN,

RESPONDENT,

CASE NO. 2016-CV-085

NOTICE OF HEARING

TO: REBECCA GOLDENSTEIN- PEACH SPRIGNS, AZ 86434

You are hereby notified that on 22ND day of MAY, 2017 at 2:00 P.M. the court will hold an **INITIAL HEARING** in the above-entitled cause.

You are further notified that it is your right to be represented by Legal Counsel at your own expense.

Your failure to appear at the above-mentioned date, time and place without good cause will result in a Default Judgment entered against you and the Petitioner will be awarded the contents of his/her petition.

Dated this 22ND day of MARCH, 2017.


Clerk of Court

VERIFICATION OF SERVICE:**SERVED TO: GAMYU NEWSLETTER****SERVED BY: T.SHONGO CIVIL CLERK****DATE/TIME: 3/22/17 AT 4:38 P.M.**

Natural Resource Conservation Workshop • DUE Monday, May 1st*Submitted by: Elisabeth Alden | University of AZ Cooperative Extension*

Natural Resource Conservation Workshop for Arizona Youth

July 17 - July 21, 2017 James 4-H Camp

Highlights

- Learn lifelong skills and create lifetime friendships.
- Explore and study Arizona's forests, streams, rangelands, soils, plants, and wildlife with expert instructors who will intrigue and challenge you!
- Lots of small group learning activities in the forests of the Prescott National Forest.
- Gain hands-on experience with hi-tech equipment, field testing, data collection and project design.

Details

Dates: July 17-21, 2017

Where: James 4-H Camp between Prescott & Jerome

Tuition: \$150 per student (Financial assistance is available. Please indicate on application if assistance is needed.)

Open to all youth entering grades 8-12 in the fall of 2017.

Limit: 35 participants.

Deadline for Applications: Postmarked by May 1, 2017 and include \$75 deposit.

Applicants will be notified of selection results no later than June 1, 2017.

Upon notification of acceptance, the remaining \$75 fee is to be paid unless other aid has been requested and awarded.

An exciting opportunity for you to explore the great outdoors and experience the thrill of a unique adventure. The 53rd Annual Natural Resource Conservation Workshop for Arizona Youth is an interactive camp bringing together the latest in science and natural resource technology.

Mingus Mountain, in the Prescott National Forest, is the setting for learning about water, soils, plants, and other natural resources. You will discover nature by conducting experiments and completing outdoor projects. A major focus will be on natural resource basics and management techniques. This is a hands-on workshop! Youth will have many opportunities to discuss natural resource issues. Various group activities such as fishing, hiking, swimming, volleyball & horseshoes will be available during your free time.



Eligibility

Youth entering grades 8-12 in the fall of 2017 are eligible to apply. Youth must have an interest and desire to learn more about the environment in which we live. No applicant will be denied attendance because of financial need. Selection is made based on the merit of the application.

How To Apply

Complete the application or type the following on a single sheet of paper: Name, address, phone number, grade entering in the Fall of 2017, and email address (if available). Answer the following questions: 1) Explain why you would like to attend this camp. 2) Describe your interests and activities related to natural resources. 3) Describe any other special interests, hobbies, and involvement in community or school activities. 4) If appropriate, indicate the need for financial assistance.

Mail application with \$75 deposit, postmarked by May 1st to:

Kim McReynolds, Workshop Director,
AZ Section Society for Range Management
450 S. Haskell, Suite A, Willcox AZ 85643

Questions: Contact Kim at 520-766-3602 or kimm@cals.arizona.edu

Location & Accommodations

James 4-H Camp is located on a secluded 88 acre wooded site at an elevation of 6,500 feet on Mingus Mountain in the Prescott National Forest. Participants will be housed in rustic cabins with a central bathhouse consisting of modern bathrooms and showers.



53rd Annual Natural Resource Conservation Workshop for Arizona Youth
Application for the July 17-21, 2017 Workshop

<http://azrangelands.org/nrcway/NRCWAYflyer.pdf>

Name: _____ T-shirt size (adult): _____

Address: _____

City: _____ Zip: _____

Date of Birth: _____ Phone: (____) _____ Grade Entering in Fall 2017: _____

E-mail Address (if available): _____

Explain why you would like to attend this workshop:

Describe your interest and activities related to natural resources:

Describe any other special interests, hobbies and involvement in community or school activities:

If appropriate, indicate the need for financial assistance:

Application must be **postmarked by midnight May 1, 2017 along with a \$75 deposit**. Applicants will be notified of selection results no later than June 1, 2017. Upon notification of acceptance, the remaining \$75 is due unless financial aid has been requested and awarded. Enrollment is limited to 35 participants.

Mail Application to: Kim McReynolds, Workshop Director
Society for Range Management - Arizona Section
450 S. Haskell Ave., Suite A, Willcox, AZ 85643
Questions: Contact Kim McReynolds at (520) 766-3602 or kimm@cals.arizona.edu

Sponsored by the Society for Range Management, Arizona Section
and UA CALS Cooperative Extension & 4-H Youth Development

Hualapai Nation Police Department's 3rd Annual Bike Rodeo • Saturday, July 8th
Submitted by: Wanda Quasula | Hualapai Nation Police Department

Hualapai Nation Police Dept. 3rd Annual



Agility course, Games, Safety skills and prizes.

Bike Repairs

Free Helmets

Breakfast and lunch provided

When: July 08, 2017 (Saturday)

Time: 9am to 3pm

Where: IHS Clinic parking lot

**Fill out the registration form and return it to the Police
department by 07/01/17 (Thurs)**

**If there are any questions, call Wanda at the Police
Department: (928) 769-1024**

BRING YOUR BIKE AND LET'S RIDE

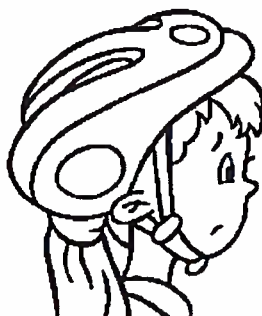
Wear your helmet the right way, every day!

More than 100 times each day, a bicyclist is killed or injured on US roads. Wearing a helmet the right way can cut your risk of a head injury in half.* Why not check the fit of your helmet today?!

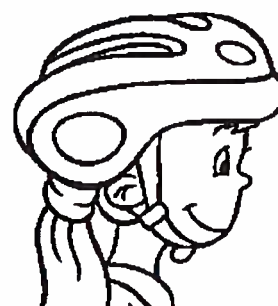
This helmet is too far forward.



This helmet is too far back.



This helmet is level—
it's just right!



Your helmet
should be snug.
One finger should fit
between the chin
and chin strap.



Shake your head. If the fit is right, your helmet will stay on tight.



Compliments of:

Hualapai Police Dept.

468 Diamond Creek Rd.

Peach Spring, Arizona

928-769-1024



My Bike Safety Checklist

Bike riding is lots of fun when everyone is safe.
Use this checklist with your child and have a terrific time!

- ☐ I wear my helmet and safety gear every time I ride. I use my gear when I ride my bike, scooter, skates, or skateboard.
- ☐ My helmet fits and stays on when I shake my head.
I use the **Eyes-Ears-Mouth** test:



Eyes:
Can you see the edge of your helmet? Is your helmet level?



Ears:
The straps should make a V-shape around your ears.



Mouth: Can you fit 1 finger between your chin and the strap? Open your mouth; can you feel it pull down your helmet?

- ☐ I wear bright, snug clothes and reflective items. I do not wear or carry backpacks with straps. I don't wear items with drawstrings that can get caught in my bike.
- ☐ I do not wear headphones.
- ☐ I only ride where my parents say it is safe.
- ☐ My parents always know where I am going. They know who I'm with and the route I am taking.
- ☐ I check my equipment each time I use it. I make sure nothing is loose or broken. I also check my bike's tires, brakes, and seat.
- ☐ I look left, right, and left again before I enter a path, sidewalk, street or driveway. I keep looking as I cross.
- ☐ I ride in a straight line. I am predictable.
- ☐ I walk my bike across streets.
- ☐ I obey traffic signs and signals.

For more information:

HNPd @ 769-1024

JOB OPPORTUNITIES

Food Servers Needed • Sa Nyu Wa Restaurant
Submitted by: Collette Boland | Grand Canyon Resort Corporation

GRAND CANYON *West*

Food Servers Needed!

The new Sa Nyu Wa Restaurant
is located at the world famous
Grand Canyon Skywalk

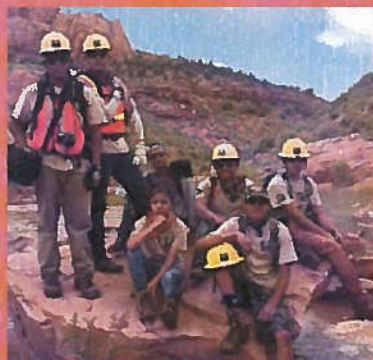
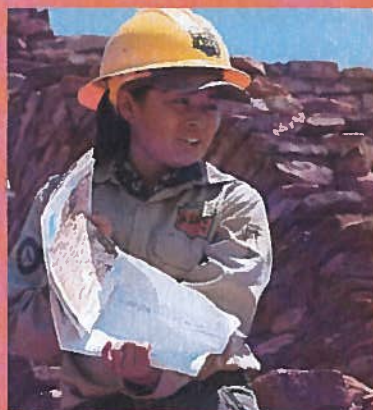
- Upscale Gourmet Menu
- Chefs from Las Vegas
- Unparalleled Views of the Grand Canyon
- 250 Seating Capacity
- \$9 an hour + tips
- Part-Time Available
- 4 Day Work Week for Full-Time
- Generous Benefits Package Provided
- Transportation Available

Applications are available at the GCRC HR Office located at:

**Music Mountain School
16500 E. Highway 66 (Mile Marker 97)
Peach Springs, AZ 86434**

For Questions, Please call 928-769-2640. Hiring preference given to Hualapai Tribal Members.



2017 AmeriCorps Vista Positions • Accepting Applications Until Filled*Submitted by: Kevin Davidson | Hualapai Planning Department*

ANCESTRAL LANDS INVITES YOU TO APPLY FOR 2017 AMERICORPS VISTA POSITIONS

POSITION SUMMARY

Conservation Corps Programs provide opportunities for youth and young adults to complete important conservation project work with local land management agencies. This work often entails camping in remote wilderness, learning valuable work skills such as chainsaw, GIS, farming, as well as cultivating leadership, teamwork, work ethic and other personal development. There is a growing movement to create Tribal-specific Corps programs that are better able to provide opportunities for Native youth and young adults as well as address important needs in Native communities such as incorporating Indigenous knowledge and languages.

The Ancestral Lands VISTA's will work to make more of these opportunities available in their local tribal communities. AL VISTA's will work to increase the capacity of local Conservation Corps, various federal agencies, and other partnerships to support a local tribally-focused Conservation Corps Program.

Activities conducted by AL VISTA's may include hosting youth play, learn, and serve events, presenting to local agencies, non-profits, and tribal programs, applying for grants and seeking funding. The VISTA will also attend several trainings that may include VISTA orientation and training, the Society for American Indian Government Employees (SAIGE) national training program, a crew orientation training with a local Conservation Corps, an AmeriCorps Tribal Resilience Training and Stewards VISTA training.

POSITION DETAILS

- Must be 18+ years of age
- Serves 40+ hours per week
- Start Date: June 5th
- Term of Service: 365 Days
- Benefits: training, childcare assistance if eligible, relocation allowance, health coverage, Education Award (upon successful completion of service), living allowance, Federal Non-Compete Status for one year following service

LOCATIONS

- Nebraska National Forest
- Glen Canyon NRA
- Knife River Indian Villages NHS
- El Morro NM
- Bandelier NM
- Hawai'i Volcanoes NP
- Saguaro NP
- Mesa Verde NP
- Mississippi NSR
- Glacier NP
- Valle De Oro Wildlife Refuge

ACCEPTING APPLICATIONS UNTIL FILLED**QUESTIONS/CONTACT**

Chako, Ancestral Lands National Program Coordinator

Cell: 505.870.4810

Email: chako@conservationlegacy.org

**FOR MORE INFO OR TO APPLY:**

Website: AncestralLands.org

Facebook: @AncestralLands

**LEADING OUR NATIONS BACK
TO ECOLOGICAL AND CULTURAL WELL-BEING**

Truxton Canon/Southern Paiute Agency • Recruitment for Fire Fighters & Camp Crew
Submitted by: Melvin Hunter, Sr. | Truxton Canon Agency/Southern Paiute Agency

2017

Recruitment for Fire Fighters & Camp Crew

**The Truxton Canon/Southern Paiute Agency Fire Program is
recruiting for Summer Employment now!**

APPLICATION DEADLINE IS APRIL 1, 2017

Fire Crew Applicants must be:

- ✓ At least 18 years of age and in good physical and mental health.
- ✓ Able to pass a pack test:
 - Fire Fighters: 3-mile hike with 45 lb. pack test in 45 minutes or less.

Camp Crew Applicants must be:

- ✓ At least 16 years of age.
- ✓ There is no pack test requirement for camp crew.

Applications may be returned via:

Mail: Truxton Canon Agency
 13067 E Highway 66
 Valentine, AZ 86434

Fax : (928) 796-2326

Email: Melvin.Hunter@bia.gov

PACK TESTS ARE SCHEDULED AS FOLLOWS:

(Note: You will have up to three chances to pass the pack test, so it is recommended that you take the earliest test in case you need to retake.)

FIRE CREW - Arduous Pack Test		Fireline Safety Refresher	
Wednesday Feb 22	8:00 am to 11:00 am	Wednesday Feb 22	12:00 pm to 4:30 pm
Wednesday Mar 8	8:00 am to 11:00 am	Wednesday Mar 8	12:00 pm to 4:30 pm
Wednesday Mar 22	8:00 am to 11:00 am	Wednesday Mar 22	12:00 pm to 4:30 pm
Wednesday April 5	8:00 am to 11:00 am	Wednesday April 5	12:00 pm to 4:30 pm
Wednesday April 19	8:00 am to 11:00 am	Wednesday April 19	12:00 pm to 4:30 pm

Basic Wildland Firefighter Training	
Monday – Friday June 6-10	Peach Springs, AZ

Please contact: Jeramie Ybright @ 435-674-9720 or
 Melvin Hunter @ 928-769-3308
 with any questions.

2017 BIA Truxton Canon/Southern Paiute Wildland Fire Training

The 2017 Wildland Fire Season is on its way and we are looking for highly motivated individuals willing to work strenuous shifts, maintain a positive attitude, and to be a team player. Keep in mind fire is unpredictable so shifts include weeks away from home and working holidays.

What is Wildland Fire?

A wildland fire is an unwanted ignition which consumes available fuels (grass, trees, and shrubs) by crawling, creeping, jumping, and running before smoldering to rest. Unwanted fires are the results of Rodeo-Chediski Fire (2002), Wallow Fire and Horehoe 2 fire (2011) and most recently on the Hualapai Reservation the Sage Fire (2016).

What causes a Wildland Fire?

There are two types of ignitions 1) "anthropogenic" the results of human activity such as playing with matches, dropping cigarettes, embers from chimneys, unattended camp fires, and sparks from machines 2) natural ignitions are from volcanic activity and lightning.

How do I apply?

Contact staff at Branch of Forestry or stop by the office for application and nomination form for trainings. The process for employment is to complete; 1) Drug test 2) Physical Exam required and processed through Medical Standards or a Self-Certification Health Screen Questionnaire 3) Southwest Firefighter Application 4) Work Capacity Test (WCT): Informed

The position which you are applying for will determine the WCT as Pack test, Field test, or Walk test.

What will I Do?

You will be a part of a 20 man hand crew made up of a Crew Boss, Squad Bosses, and Sawyers. On the other hand, you may be working on a wildland fire engine or a single resource depending on experience and qualifications your position may vary.

Required

- DOI Drug Testing is required; test must include the five drugs: marijuana, cocaine, opiates, amphetamines and phencyclidine. Drug testing is provided by the applicant with a copy of verification to the Branch of Forestry.
- For pack test dress in gym clothes with walking or running shoes.
- Wildland Fire boots are required with Vibram sole with 8 inch top.

2017 BIA Truxton Canon/Southern Paiute Wildland Fire Training

Course Number :	Course Title:	Nomination Due:	Course Date:	Location:	Time:	Coordinator Phone/ Fax/Email:
RT-130 WCT	Annual Fireline Refresher / Work Capacity Test	Apr 3	Apr 5	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov
N9055	CPR / 1 ST Aide Blood Borne Pathogen	Apr 6	Apr 10	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov
S-212	Wildland Fire Saws	Apr 6	Apr 11 - 13	Branch of Forestry Peach Springs, AZ	0800 - 1200	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov
RT-130 WCT	Annual Fireline Refresher / Work Capacity Test	Apr 17	Apr 19	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov
S-131	Advanced Fire Fighter	Apr 21	Apr 25	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov
S-133	Look Up / Look Down / Look Around	Apr 21	Apr 26	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov
S-134	Lookout / Communications / Escape Routes / Safety Zones	Apr 21	Apr 27 - 28	Branch of Forestry Peach Springs, AZ.	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov

2017 BIA Truxton Canon/Southern Paiute Wildland Fire Training

S-211	Portable Pumps	May 4	May 9 - 11	Branch of Forestry Peach Springs, AZ.	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov
S-130 / S-190 I-100 / L-180 S-110	Basic Wildland Fire Fighter	June 1	June 5 - 9	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov
L-280	Followership to Leadership	TBA	TBA	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov
	ATV / UTV Training	TBA	TBA			Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov

CLASSES AVAILABLE ONLINE AND CAN BE FOUND AT THE LINK BELOW

Required Trainings: IS -700a, ICS 100, and ICS 200 (Single Resource Only) FEMA National Incident Management System Link: <http://training.fema.gov/emiweb/is/is700a.asp>

The online training is a self-study course; upon completion please submit your certificates to TCA.

National Wildfire Coordinating Group (NWCG) Training and Qualifications Link: <http://training.nwccg.gov/courses.html>.

Required Rookie Training Includes: I-100, S-190, and S-130, and L-180. NOTE: S-130 and L-180 Also offered Online.

I - 100; Introduction to the Incident Command System (2006), required

S-110; Basic Wildland Suppression Orientation (2003), required

S-130; Firefighter Training (2003), required

S-190; Introduction to Wildland Fire Behavior (2006), required

S-290; Intermediate Wildland Fire Behavior (2010), recommended for Single Resource Trainee and Qualified

TCA - Branch of Forestry, 1130 Mesa View Dr. Peach Springs, AZ 86434 PH: 928.769.2270 FAX: 928.769.2326 HRS: M-F, 0800-1630

SPA - Fire Management, 180 N 200 E suite 111, St. George, UT 84770 PH: 435.674.9720 FAX 435.674.9714 HRS: M-F 0800-1630

EDUCATION & TRAINING INFORMATION

Graduation Dates • Class of 2016-2017

Submitted by: Jonell Tapija | Hualapai Department of Education & Training

Sherman Indian High School

Riverside Indian Middle School

Riverside Indian High School

Chemawa Indian High School

CDI Head Start Peach Springs

Peach Springs Middle School

Kingman Academy Middle School

Kingman Academy High School

Kingman High School

White Cliffs Middle School

Kingman Middle School

Valentine Middle School

Lee Williams High School

Seligman Middle School

Seligman High School

Flagstaff High School



May 10th 6pm Traditional
May 11th 10am Graduation

May 11th 1pm Promotion
May 12th 10am Graduation

May 12th 10am Graduation

May 18th 4pm Transition

May 23rd TBD Promotion

May 23rd 6pm Promotion
May 24th 6pm Graduation

May 23rd 7pm Graduation

May 23rd TBD Awards

May 24th TBD Awards

May 24th 6pm Promotion

May 25th 7pm Graduation

May 26th 4:30pm Promotion

May 26th 6pm Graduation

June 2nd 3pm Graduation



Freeport Scholarships • DUE May 16th

Submitted by: Lucille Watahomigie | Hualapai Department of Education & Training



FREEPORT-McMORAN

Freeport-McMoran Native American College Scholarship

This program is open to students who are members of the Hualapai, San Carlos Apache, Tohono O'odham and White Mountain Apache tribes and attending community colleges, tribal colleges and four-year universities. The scholarships are funded by the Freeport-McMoran Foundation and administered by the Phoenix Indian Center, Inc. *The value of this scholarship is \$2,500/per semester for attendance at a four-year university or tribal college and \$1,250/per semester for attendance at a community college.* This scholarship covers one academic year.

Application Deadline: May 15

http://freeportinmycommunity.com/uploads/FCX_NA_Scholarship_Guidelines_and_Application_2017-2018.doc

Cyprus Tohono Corporation Four Year College Scholarship

This scholarship is open to any student who is an enrolled Native American residing in Arizona. Preference will be given to enrolled members of the Tohono O'odham Nation. The scholarship is intended to be used for a four-year program of study at any of Arizona's public universities. *This scholarship will cover tuition, fees, books, and room and board at the rate paid by an Arizona resident for four years.*

Application Deadline: May 15

http://freeportinmycommunity.com/uploads/CTC_Four_Year_Scholarship_Guidelines_and_Application_2017-2018.doc

Pre-College Studies Class Orientation • May 22nd - May 25th*Submitted by: Jonell Tapija | Hualapai Department of Education & Training*

PRE-COLLEGE STUDIES CLASS ORIENTATION 2016/17

(Four Days Monday – Thursday) May 22nd – May 25th 2017***Attendance is Mandatory all 4 days*****Time: 1:00 pm to 4:00 pm Location: Room 903**

Mohave Community College's Kingman Campus is offering Precollege Studies classes during the summer 2017 to help prepare students to take their GED and improve their skills in the areas of Reading, Math and Language as needed according to MCC's Accuplacer admissions testing. A free, mandatory orientation will be held in May, 2017. The orientation includes: 1) all state and additional college mandated processing; 2) diagnostic testing for class placement; 3) class registration paperwork; 4) introduction to MCC campus resources; 5) introduction to PCS required technology systems and resources. Additionally, students will be introduced to resources and strategies aimed at student success. In Precollege Studies classes, students receive individualized instruction as well as access to online materials to help them improve their skills. Accommodations are available through Disability Services for students with disabilities. **NOTE:** Upon receiving this flyer, call the Precollege Studies office at 928-692-3040 and confirm your spot at the orientation session as enrollment is limited. Additionally, call the PCS office to schedule a time beginning in March to come into the office to complete additional pre-orientation paperwork. Plan on the appointment taking approximately one hour.

***Students must complete their MCC online admission application form well before attending the PCS orientation. Before beginning the application process you will need to obtain an email address. (Note: MCC Admissions takes at least 72 hours to process. Have this completed before scheduling your pre-orientation office visit.)**

On-line Admissions Procedure

The following directions will guide you to the MCC admission application form:

1. Go to Mohave.edu
2. Click APPLY NOW tab at top of page
3. Under the "Become an MCC Student" (lower right), click "Apply Now!" [red hyperlink]
4. Under Step 1. Apply for Admissions, click "online admissions application" [red hyperlink]
5. Click "Admission Application – MCC" [red hyperlink]
6. FOLLOW INSTRUCTIONS, make corrections to any fields marked in red and then click next page. When everything is correct, review and you will see a submit button at the end. Click SUBMIT you should get a thank you [your name]. Note – If you do not submit your application, you are not finished and your admission is not complete.

ISSUES THAT CAN DELAY ADMISSIONS AND IMPACT PCS CLASS REGISTRATION:

1. Students must have a usable email address that can be used by MCC and checked by the student. This email address will be used by Enrollment Services to contact students and inform them of any issues in residency as well as give them the process for documenting paperwork necessary to complete admissions residency requirements.
2. If students have taken classes in the past and one or more years have passed since enrollment, they are required to complete the admissions process again.
3. All students must attend to any past due balances owed MCC. Students with past due balance issues can contact the Bursar's Office at 928-757-0816.
4. Upon completion of admissions and residency documentation, you will be issued an ID card/number. You must bring this to the orientation. Additionally, bring both your government ID (driver's license or DMV identification) and your Social Security to the pre-orientation office visit.

Note: Students must be at least 16 years of age at start of pre-college studies classes, and students between 16 and 18 years of age must bring **proof of withdrawal from the last high school attended** to the orientation.

3rd Annual Indigenous Language Revitalization • June 12th - 15th*Submitted by: Lucille Watahomigie | Hualapai Department of Education & Training***NORTHERN
ARIZONA
UNIVERSITY**College
of Education**3rd ANNUAL
INDIGENOUS LANGUAGE REVITALIZATION
SUMMER INSTITUTE****June 12 - 15, 2017
NORTHERN ARIZONA UNIVERSITY
Flagstaff, Arizona****Level 1 Workshop**Two
Workshops
Now
Available!**How to Create and Sustain
Successful Indigenous Language Immersion Programs**

In this 4-day hands-on, how-to workshop, Dr. Michael Fillerup guides you through his ten step process for creating and sustaining an indigenous language immersion program for all ages.

This is the introductory workshop for the Indigenous Language Revitalization Summer Institute and is ideal for anyone who wants to create a new language immersion program or re-energize an existing immersion program.

Additionally you will learn:

- how to develop the Five Essential Elements of a language immersion program
 - how to maximize the 4 P's - Promotion, Publicity, Public Relations, and Parent Participation
 - potential obstacles and how to overcome them
 - how to Light Two Candles with One Flame
- (i.e., revitalizing the indigenous language while boosting student achievement)

Enrollment limited to 25 participants per workshop. Reserve your place now. Registration: \$425

Discounted rate of \$375 if you also register for the AIITEC Conference (June 16-17)

REGISTER NOW at <http://nau.edu/coe/ilrsi>

Lodging available to book at time of registration as low as \$29.95 per night

FOR MORE INFORMATION contact Dr. Michael Fillerup @928-853-1393 or MichaelFillerup@nau.edu

Level 1 & Level 2 workshops run concurrently and registration fee includes the cost of one workshop only.
Participants must complete Level 1 workshop to register for Level 2 workshop.



3rd ANNUAL
INDIGENOUS LANGUAGE REVITALIZATION
SUMMER INSTITUTE

June 12 - 15, 2017
NORTHERN ARIZONA UNIVERSITY
Flagstaff, Arizona



Two
Workshops
Now
Available!

Level 2 Workshop

How to Design an Indigenous Knowledge-focused Curriculum

In this 4-day workshop, Language Advocate Jennie DeGroat demonstrates how to collaborate with teachers, parents, administrators, and tribal leaders to develop a language immersion curriculum derived from the knowledge, culture, and values of the community. Participants will focus on both curriculum process and product. This is the follow-up workshop to "How to Create and Sustain Successful Indigenous Language Immersion Programs."

About the Presenter

Ms. DeGroat has over 20 years of experience assisting indigenous communities with their language revitalization efforts through the use of oral language immersion based on Indigenous Knowledge.

Enrollment limited to 25 participants per workshop. Reserve your place now. Registration: \$425

Discounted rate of \$375 if you also register for the AIITEC Conference (June 16-17)

REGISTER NOW at <http://nau.edu/coe/ilrsi>

Lodging available to book at time of registration as low as \$29.95 per night

FOR MORE INFORMATION contact Dr. Michael Fillerup @928-853-1393 or Michael.Fillerup@nau.edu

Level 1 and Level 2 workshops run concurrently and registration fee includes the cost of one workshop only.
Participants must complete Level 1 workshop to register for Level 2 workshop.

Certified Food Manager Training

*** Registration Closes June 16th! ***

Training hosted by the Indian Health Service Office of Environmental Health & Engineering

Training Dates:

JUNE 28th-29th: 8:30AM-5:00PM

JUNE 30th 9:00AM-12:00PM

MUST ATTEND ALL DATES

Training Location:

Bluewater Resort & Casino

Conference Room

11300 Resort Drive

Parker, AZ 85344

Phone: (928) 669-7000

ServSafe
National Restaurant Association



This three day course is open to anyone working on a Tribal Reservation who wishes to obtain a **NATIONALLY RECOGNIZED CERTIFICATION IN FOOD SAFETY MANAGEMENT**. The course will provide Food Service Managers with a better understanding of the Food and Drug Administration's 2013 Food Code and the requirements of Indian Health Service.

During the class students will:

- ♦ explore the basic microbiology of foodborne disease,
- ♦ understand what happens during an outbreak,
- ♦ learn how and where food can become contaminated,
- ♦ learn prevention methods through hygiene and sanitation practices,
- ♦ explore the fundamentals of HACCP: Hazard Analysis, Critical Control Point.

There is no fee for this course. However, each participant is required to purchase a ServSafe Manager book (formerly Essentials) 6th Edition with an exam answer sheet from the National Restaurant Association. Cost of the book and exam sheet is \$70.30 plus shipping and tax.

Classroom size is limited to 20 students. **ADVANCED REGISTRATION IS REQUIRED.**

To register please contact The Office of Environmental Health & Engineering- Indian Health Service at zachary.hargis@ihs.gov or (928) 669-3179. Additional instruction will be given to you once registration is initiated.

HEALTH & SAFETY INFORMATION

Diabetes & Diet • 7 Foods That Control Blood Sugar

Submitted by: Vondell Bender | GHWIC Educator/Strategic Prevention—Hualapai Health, Education & Wellness

Diabetes & Diet: 7 Foods That Control Blood Sugar

By Jennifer D'Angelo Friedman | www.webmd.com

When you have type 2 diabetes, what you eat can help you control your blood sugar, stave off hunger, and feel full longer. "Diabetes is when your blood sugar or glucose levels are higher than normal. It's carbohydrate foods like breads, cereals, rice, pasta, fruits, milk, and desserts that can cause this rise," says Maggie Powers, PhD, president-elect of Health Care & Education at the American Diabetes Association.

Your eating plan should focus on the amount and type of carbs you put on your plate throughout the day, Powers says.

But it's also important to have foods you enjoy. You want to eat enough so you feel satisfied and avoid overeating and poor choices. Here are seven foods that Powers says can help keep your blood sugar in check and make you happy and healthy to boot.

1. Raw, Cooked, or Roasted Vegetables

These add color, flavor, and texture to a meal. Choose tasty, low-carb veggies, like mushrooms, onions, eggplant, tomatoes, Brussels sprouts, and low-carb squashes, like zucchini.

Try them with dips such as low-fat dressings, hummus, guacamole, and salsa, or roasted with different seasonings such as rosemary, cayenne pepper, or garlic.

2. Greens

Go beyond your regular salad and try kale, spinach, and chard. They're healthy, delicious, and low-carb, Powers says.

Roast kale leaves in the oven with olive oil for quick, crunchy chips. You can also mix greens in with roasted veggies to add texture and a different flavor, or serve them with a little protein, like salmon.

3. Flavorful, Low-calorie Drinks

Plain water is always good, but water infused with fruits and vegetables is more interesting. Cut up a lemon or cucumber and put it in your water, or make ice cubes with some flavoring in them.

If you're not a hot tea drinker, try cold tea with lemon or a cinnamon stick.

"Not only are these beverages low-carb, they can also help fill you up so you don't crave other foods," Powers says.

4. Melon or Berries

Did you know that 1 cup of either of these has just 15 grams of carbs?

"It's a little more expensive, but it's a healthy treat packed with nutrients and fiber, and it's a little bit sweet," Powers says.

For a different twist, mix the melon or berries with plain yogurt, or put them in ice cubes.

5. Whole-grain, Higher-fiber Foods

Fill up on these to keep from overeating or choosing the wrong foods.

Try legumes like dried beans, peas, and lentils. You can even enjoy a black bean and corn salsa with your raw vegetables.

"These foods still have carbs, but they have interesting flavors [that help keep you satisfied]," Powers says.

6. A Little Fat

Good fat choices include olive oil, avocado, and fatty fishes -- think salmon served on a bed of lettuce, for example.

Bonus: The fat from the fish serves as a dressing for the salad, Powers says.

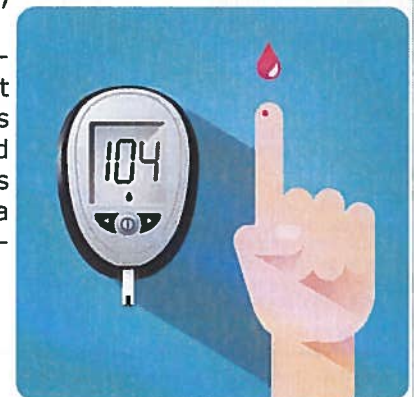
7. Protein

Powers recommends Greek yogurt, cottage cheese, eggs, and lean meats. And don't forget treats.

"Peanut butter on a celery stick is a good fat and protein mix for a healthy, satisfying snack," she says.

You can also snack on a lower-fat cheese stick or a beef jerky stick -- but keep an eye on how much sodium is in them, she says.

Overall, your eating plan "shouldn't be boring," Powers says. "It should include the foods you love with a balance of carbohydrates."



How Drugs Travel From the Mother to Fetus and Infant

Submitted by: Vondell Bender | GHWIC Educator/Strategic Prevention—Hualapai Health, Education & Wellness

HOW DRUGS TRAVEL FROM THE MOTHER TO FETUS AND INFANT

ALCOHOL, DRUGS, AND HARMFUL SUBSTANCES TAKEN BY THE PREGNANT MOTHER THAT TRAVEL THROUGH THE BLOODSTREAM TO THE FETUS

(Alcohol • Nicotine • Marijuana • Cocaine • LSD • PCP • Heroin • Medications • Sleeping Pills • Sedatives • Aspirins • Foods containing caffeine such as Coffee, Tea, Colas, and Chocolate)

Drug molecules

Blood vessels of the mother

Placenta

Umbilical cord

Artery

Vein

Fetus

Drug molecules being transported throughout the blood circulation system of the fetus

Drug byproduct circulating in the amniotic fluid

Uterus

The fetus shares almost everything the mother takes into her body, whether eaten, smoked, injected, sniffed, or swallowed: Drugs and harmful substances such as alcohol, nicotine, marijuana, cocaine, LSD, PCP, heroin, medications, aspirins, and foods containing caffeine, are all transferred from the mother's bloodstream to the blood circulation of the fetus—and therefore must be avoided! These chemicals easily pass through the placenta and are transported through the large blood vessel of the umbilical cord to the fetus, with the two smaller arterics carrying deoxygenated blood, containing waste products back to the placenta. During the entire pregnancy, especially the first few months, the developing fetus is extremely fragile, vulnerable, and has great difficulty in ridding itself of harmful chemicals remaining unprocessed in the bloodstream or circulating in the amniotic fluid. Exposure to these substances greatly increases the risk of miscarriage, early infant death, low-birth weight, SIDS, stillbirth, premature birth, brain damage, mental retardation, growth impairment, birth defects and deformities, addiction and withdrawal.

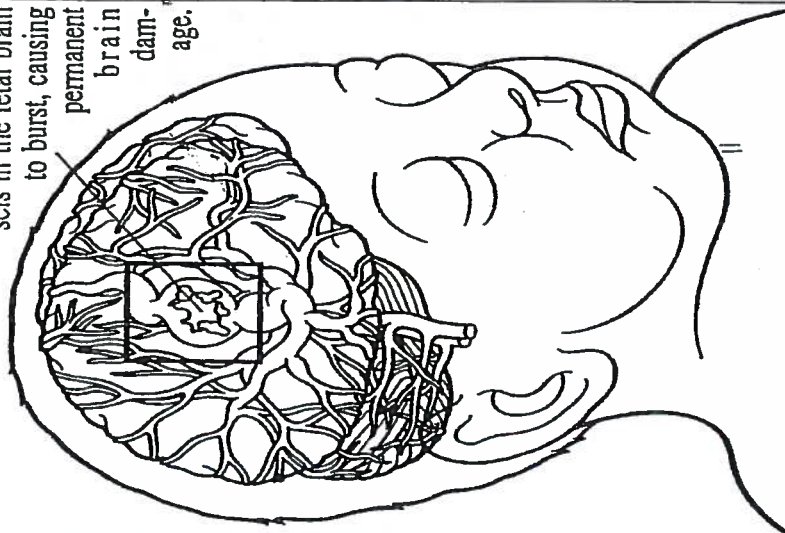
COCAINE

Cocaine use during pregnancy increases risk of:

- Fetal death.
- Premature labor and delivery.
- Miscarriage.
- Sudden Infant Death Syndrome (SIDS).
- Respiratory failure, kidney trouble, visual problems, lack of coordination and retardation.
- Blood pressure changes, caused by cocaine use.

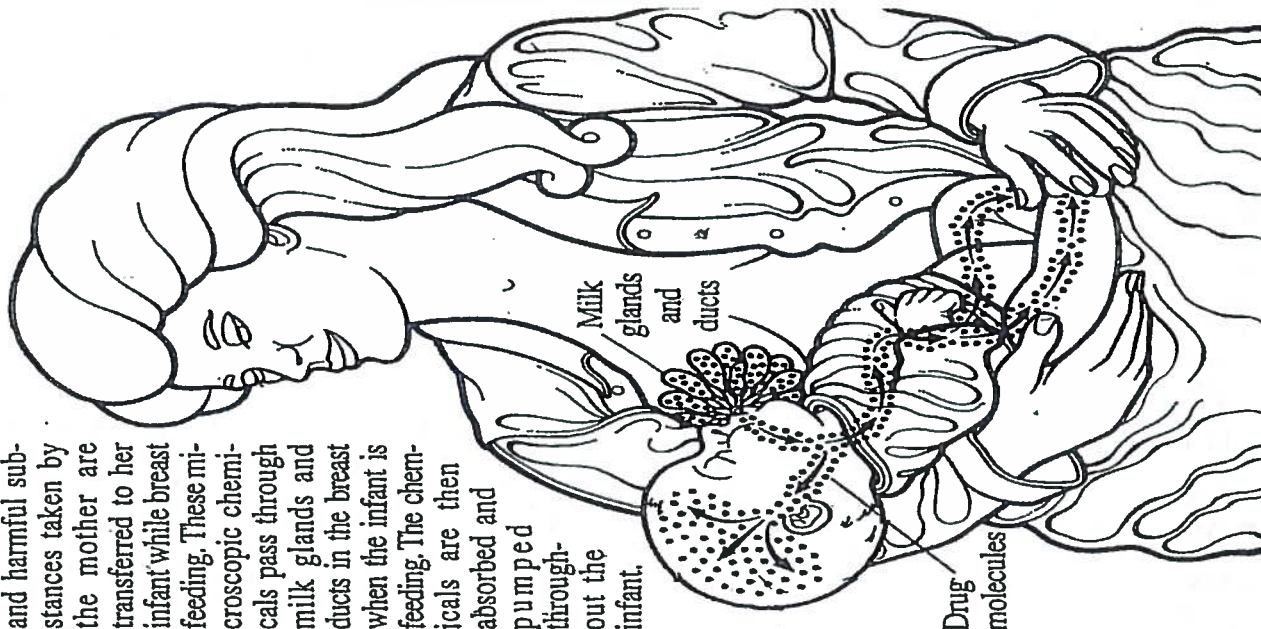
BLOOD VESSEL BURSTING IN BRAIN

Increases in blood pressure may cause blood vessels in the fetal brain to burst, causing permanent brain damage.



DRUGS BEING TRANSFERRED TO THE INFANT DURING BREASTFEEDING

Alcohol, drugs, and harmful substances taken by the mother are transferred to her infant while breast feeding. These microscopic chemicals pass through milk glands and ducts in the breast when the infant is feeding. The chemicals are then absorbed and pumped through out the infant.



PATHWAY OF DRUGS THROUGH THE MOTHER TO THE FETUS

1 Drug enters body through the mouth. (Drugs also enter the body through intravenous injection and by sniffing or snorting chemicals through the nose.)

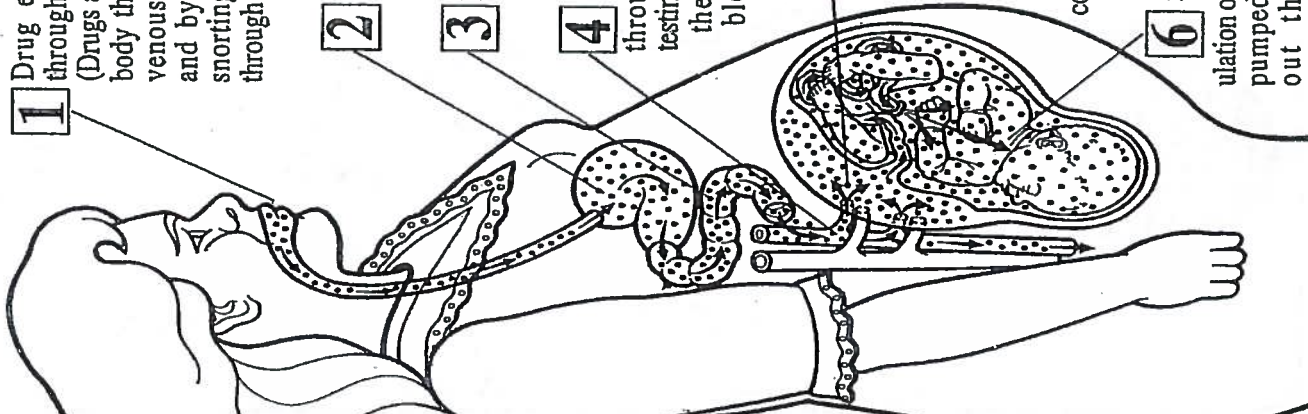
2 Drug enters the stomach.

3 Drug enters the intestine.

4 Drug is absorbed through the intestine and enters the mother's bloodstream.

5 Drug passes through the placenta and is carried through the umbilical cord to fetus.

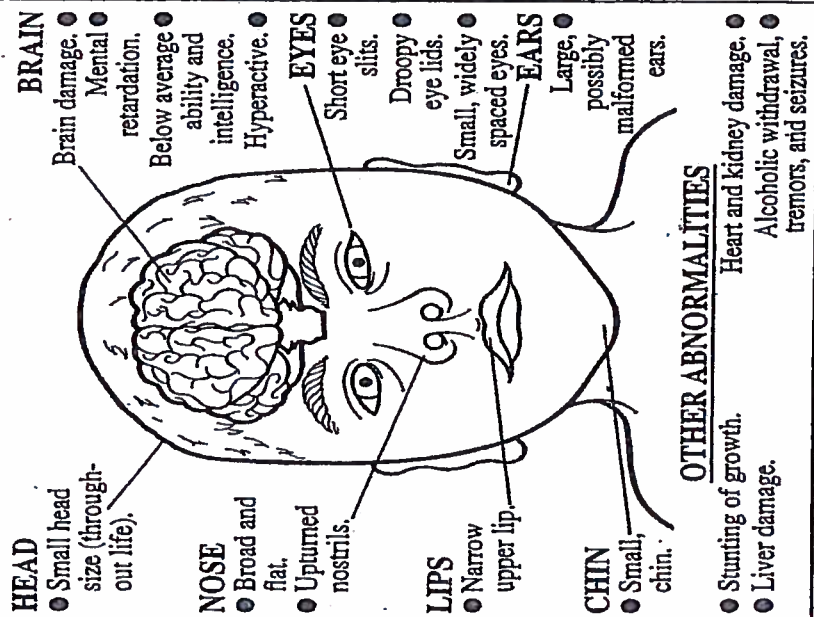
6 Drug enters blood circulation of fetus and is pumped through out the infant.



ALCOHOL

- Drinking alcohol during pregnancy significantly increases risk of having a baby born with Fetal Alcohol Syndrome (FAS). A pregnant mother must realize that if she drinks, then so does her baby!
- FAS babies are abnormally small at birth and have small heads.
- FAS babies brains are smaller and frequently have behavioral and learning problems associated with mental retardation.
- FAS babies are hyperactive, jittery and lack coordination.
- FAS babies are often born with noticeable to severe abnormal facial features.

FETAL ALCOHOL SYNDROME

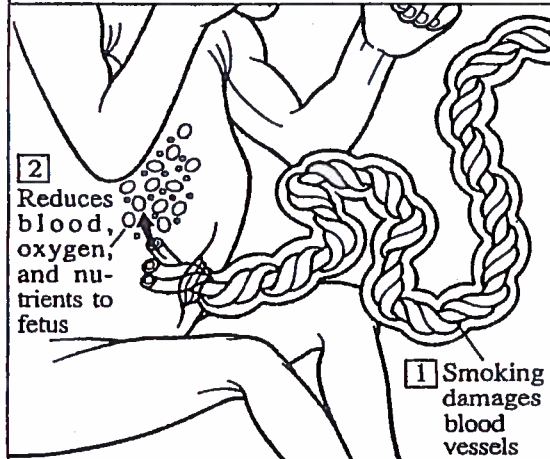


SMOKING

Smoking during pregnancy:

- Increases risk of miscarriage.
- Increases premature labor and birth.
- Causes constriction and damage to the blood vessels of the umbilical cord, decreasing the flow of blood, oxygen, and nutrients vital to the developing fetus.
- Almost always causes low-birth weight babies.
- May cause baby to be born with a small head (and brain), impairs growth, intellect, and emotional development.

SMOKING REDUCES FLOW OF OXYGEN & NUTRIENTS TO FETUS

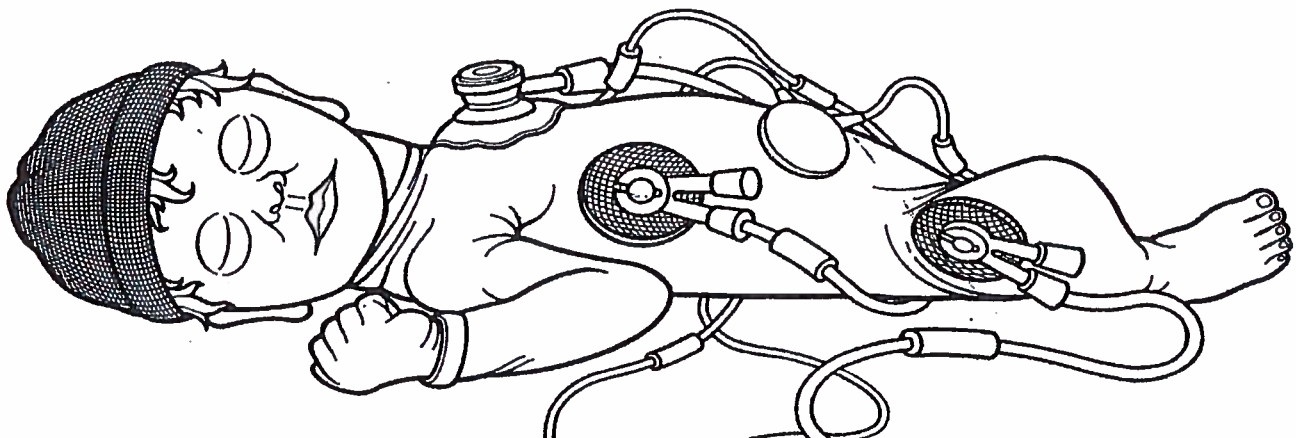


MARIJUANA

Mothers who smoke marijuana during pregnancy:

- Damage blood vessels of the umbilical cord, and reduce their ability to transport and supply oxygen and nutrients to the developing fetus.
- Increase risk of low-birth weight baby.
- Increase risk of miscarriage.
- Increase risk of stillbirth.
- Increase risk of baby being born with a small head (and brain), poor growth, irritability, birth defects and deformities.

LOW-BIRTH WEIGHT BABY BORN THREE WEEKS PREMATURE



Test Your Knowledge • National Drug & Alcohol IQ Challenge

Submitted by: Vondell Bender | GHWIC Educator/Strategic Prevention—Hualapai Health, Education & Wellness

TEST YOUR KNOWLEDGE ON DRUGS AND DRUG ABUSE BY TAKING THE:

2017 National Drug & Alcohol IQ Challenge

Go to teens.drugabuse.gov/2017IQChallenge
for an online interactive version.

1 What percentage of teens who use e-cigarettes are likely to start smoking traditional cigarettes within 6 months?

- A. 7 percent
- B. 31 percent
- C. 52 percent
- D. 79 percent

4 Among kids ages 12 to 17, how many drank alcohol in the past month? On average:

- A. Very few: About 1 out of 10
- B. Half: 5 out of 10
- C. Most: 8 out of 10
- D. All: 10 out of 10

2 The chemical in the marijuana plant that causes the "high" is:

- A. Delta-9-tetrahydrocannabinol (THC)
- B. Dronabinol
- C. Cannabidiol (CBD)
- D. *Cannabis sativa*

5 About how many people in the United States die every year from overdosing on prescription pain relievers (called "opioids")?

- A. 750
- B. 2,300
- C. 9,500
- D. 19,000

3 How do inhalants affect the brain?
Check all that apply:

- A. They protect you from nausea and vomiting.
- B. Most of them depress the central nervous system.
- C. They send oxygen to the brain, resulting in a happy, stimulant effect.
- D. They can damage the protective sheath around certain nerve fibers in the brain.

NATIONAL INSTITUTE ON DRUG ABUSE

For more
questions
and to find out
the correct answers,
go to the next page.

2017 National Drug & Alcohol IQ Challenge

6 Synthetic cannabinoids are also called what? Check all that apply:

- A. Bath salts
- B. Medical marijuana
- C. K2
- D. Cannabis

7 How does alcohol affect the teenage brain? Choose all that are correct:

- A. It interferes with normal brain development.
- B. It acts to increase attention and focus.
- C. It compromises decision-making and the ability to recognize danger.
- D. It improves vision when consumed in small amounts.

8 Drugs like PCP, ketamine, dextromethorphan, and salvia are called dissociative drugs. What does that mean?

- A. You want to be associated with them.
- B. They make users feel out of control and disconnected from their body and environment.
- C. They make you think more carefully about everything.
- D. They are associated with better performance in dancing or athletics.

9 About how many nonsmokers die each year from secondhand exposure to smoke from cigarettes, cigars, hookahs, and other tobacco products?

- A. 1,200
- B. 7,800
- C. 41,000
- D. 130,000

10 Which of these is a symptom of alcohol overdose?

- A. Irregular breathing
- B. Confusion
- C. Vomiting
- D. All of the above

NATIONAL INSTITUTE ON DRUG ABUSE

For the correct answers, go to the last page.

2017
National Drug
& Alcohol
? IQ Challenge

BRAINIAC

BONUS QUESTIONS

1

Marijuana use affects your memory because it alters how information is processed in what part of the brain?

- A.** Parietal lobe
- B.** Corpus callosum
- C.** Pituitary gland
- D.** Hippocampus

2

Methamphetamine use can have negative effects on brain cells called microglia. Why are healthy microglia important?

- A.** They defend your brain against infections.
- B.** They protect your teeth against cavities.
- C.** They elevate your mood, protecting against depression.
- D.** They are important in motor function—your ability to move your body.

TEENS.DRUGABUSE.GOV/2017IQCHALLENGE

For the
correct
answers, go to
the last page.

ANSWERS TO THE: 2017 National Drug & Alcohol IQ Challenge

1 B. About 31 percent of teens who use e-cigarettes will start smoking within 6 months, compared to only 8 percent of teens who do not use e-cigarettes. You can learn more about e-cigarette use by teens at drugabuse.gov/related-topics/trends-statistics/infographics/teens-e-cigarettes.

2 A. THC is the ingredient that causes the "high." On average, THC levels in marijuana are greater than they used to be. Very high-potency forms of marijuana, such as *hash oils* and *resins* as well as some *edibles*, can cause bad reactions—leading some people to end up in the emergency room with uncomfortable side effects. You can learn more about marijuana at drugabuse.gov/publications/drugfacts/marijuana.

3 B and D. Most inhalants depress the central nervous system and affect the brain in a similar way as alcohol, including slurred speech, lack of coordination, euphoria, and dizziness. Chronic abuse of volatile solvents, such as toluene or naphthalene (used in mothballs), damages the protective sheath around certain nerve fibers in the brain, causing nerve damage similar to the disease multiple sclerosis. You can learn more about inhalants at drugabuse.gov/publications/drugfacts/inhalants.

4 A. Very few kids ages 12 to 17—about 1 out of 10—drank alcohol in the past month. So MOST—about 9 out of 10 kids—did not. You can find more statistics related to alcohol use at samhsa.gov/data/sites/default/files/NSDUH-Deftabs2014/NSDUH-Deftabs2014.pdf, Table 2.68B.

5 D. About 19,000 people died from a prescription pain reliever overdose in 2014, more than 3 times the number in 2001. You can learn more about overdose deaths at drugabuse.gov/related-topics/trends-statistics/overdose-death-rates.

6 C. Synthetic cannabinoids, also called K2, spice, or sometimes herbal incense, refer to a growing number of man-made, mind-altering chemicals that are either sprayed on dried, shredded plant material so they can be smoked or sold as liquids to be vaporized and inhaled in e-cigarettes and other devices. Because they often act on the same brain cell receptors as marijuana, some people call synthetic cannabinoids "fake weed," but they affect the brain more powerfully and differently than marijuana. You can learn more about synthetic cannabinoids at drugabuse.gov/publications/drugfacts/synthetic-cannabinoids.

7 A and C. Research shows that young people's brains keep developing well into their twenties. Alcohol can alter this development, potentially affecting both the brain's structure and its function, meaning how well it processes information. This may cause cognitive or learning problems and/or make the brain more prone to alcohol dependence. This is especially a risk when people start drinking young and drink heavily. In the short term, when a person becomes intoxicated (drunk), they may make poor decisions that result in tragic consequences. You can learn more about alcohol's effects on the teen brain at pubs.niaaa.nih.gov/publications/UnderageDrinking/UnderageFact.htm.

8 B. Dissociative drugs make users feel out of control and disconnected from their body and environment. In addition to their short-term effects on perception and mood, these drugs can cause long-term mental health problems, respiratory depression, heart rate abnormalities, and a withdrawal syndrome. You can learn more about dissociative drugs at drugabuse.gov/publications/drugfacts/hallucinogens.

9 C. The harmful effects of smoking extend far beyond the smoker. Each year, an estimated 88 million nonsmoking Americans are regularly exposed to secondhand smoke, and almost 41,000 nonsmokers die from diseases caused by secondhand smoke exposure. You can learn more about secondhand smoke exposure at drugabuse.gov/publications/drugfacts/cigarettes-other-tobacco-products.

10 D. Alcohol overdose occurs when there is so much alcohol in the bloodstream that areas of the brain controlling basic life-support functions—such as breathing, heart rate, and temperature control—begin to shut down. Symptoms of alcohol overdose include confusion; difficulty remaining conscious; vomiting; seizures; trouble breathing; slow heart rate; clammy skin; dulled responses, such as no gag reflex (which prevents choking); and extremely low body temperature. If you suspect someone is experiencing an alcohol overdose, get medical help immediately. Cold showers, hot coffee, or walking will not reverse the effects of alcohol overdose and could actually make things worse. Left untreated, alcohol overdose can lead to permanent brain damage or death. You can learn more about alcohol overdose at pubs.niaaa.nih.gov/publications/AlcoholOverdoseFactSheet/Overdosefact.htm.

BRAINIAC BONUS ANSWERS

1 D. Memory impairment from marijuana use occurs because THC, the ingredient in marijuana that can cause the "high," alters how information is processed in the hippocampus, a brain area responsible for memory formation. You can learn more about the effects of marijuana on the brain at drugabuse.gov/publications/research-reports/marijuana/how-does-marijuana-use-affect-your-brain-body.

2 A. Microglia support brain health by defending the brain against infectious agents and removing damaged neurons. Too much activity of the microglial cells, however, can assault healthy neurons. A study using brain imaging found more than double the levels of microglial cells in former methamphetamine users compared to people with no history of use, which could explain some of the damaging effects of methamphetamine. You can learn more about the effects of methamphetamine on the brain at drugabuse.gov/publications/research-reports/methamphetamine/what-are-long-term-effects-methamphetamine-abuse.



For more information about drugs and drug abuse, visit drugabuse.gov or call 1-877-643-2644.
November 2016

National Autism Awareness Month • April

Submitted by: Vondell Bender | GHWIC Educator/Strategic Prevention—Hualapai Health, Education & Wellness

National Autism Awareness Month
April—United States—
This Event Is Currently Running

The first National Autism Awareness Month was declared by the Autism Society in April 1970.

The aim of this month is educate the public about autism. Autism is a complex mental condition and developmental disability, characterized by difficulties in the way a person communicates and interacts with other people. Autism can be present from birth or form during early childhood (typically within the first three years). Autism is a lifelong developmental disability with no single known cause.

People with autism are classed as having Autism Spectrum Disorder (ASD) and the terms autism and ASD are often used interchangeably. A wide spectrum disorder, people with autism have set of symptoms unique to themselves; no two people are the same.

Increasing Awareness About The Common Characteristics Of Autism

Whilst no two people with autism will have the same set of symptoms, there are common characteristics found in those with this complex disability. Briefly, these characteristics include:

Social Skills ► people with autism have problems interacting with others; autistic children do not have adequate playing and talking skills. Mild symptoms on one end of the spectrum may be displayed through clumsy behavior, being out of sync with those around them and inappropriate or offensive comments being made. At the other end of the spectrum an autistic person may not be interested in others.

Empathy ► empathy is the ability to recognize and understand the feelings of another person. People with autism find it harder to show empathy to others although they can be taught to acknowledge the others feelings.

Physical Contact ► in some cases, autistic people do not like physical contact such as hugs, tickling or physical play with others.

Sudden Changes To Their Environment ► a sudden change in the surrounding environment may affect a person with autism. This could be a loud noise, a change in intensity of lighting or even a change in smell.

Speech ► speech can be affected in people with autism. 'Echolalia' is a typical speech symptom in

which the person repeats words and phrases that they hear. The speech tone of an autistic person may be monotonous. Where symptoms are more extreme the person may not speak.

The Puzzle Ribbon Is The Symbol For This Event

Changes To Behavior and Routine ► people with autism often display repetitive behavior in which they repeat the same action many times over. For example, a person with autism may repeatedly pace around a room in a certain direction. Any change to their behavior or routine can be unsettling for them. This could be a reordering of daily activities such as when a person brushes their teeth, takes a shower and has breakfast when they get up in the morning.

Other characteristics of autism include an unpredictable learning rate, obsessions and physical tics.

Autism Is Widespread, Awareness About This Condition Is Not

In the United States, autism affects 1 in every 110 children. National Autism Awareness Month aims to make the public more aware about this widespread disability and the issues which arise in the autism community. As about 1 in 150 people in America have autism, the chances are that you know someone with this disability. A better informed public will be more empathetic and supportive towards people with autism.

This month is backed by the Autism Society of America which undertake a number of activities to raise awareness about autism. The Autism Society has local chapters throughout the United States which hold special events throughout April.

The 'Puzzle Ribbon' is the symbol for Autism Awareness and is promoted by the Autism Society as means of supporting awareness for autism. The Puzzle Ribbon may take the form of a pin attached to clothing, a fridge magnet or a sticker and are available to purchase from the Autism Society website.

The Autism Society of America also run a year long campaign through their 1 Power 4 Autism initiative, in which people are encouraged to hold events to raise awareness and support for those affected by autism.

For more information on National Autism Awareness Month visit the Autism Society's Awareness Page at: <http://www.autism-society.org/get-involved/national-autism-awareness-month/>

what health
healthy living for every body

What is Autism • From Washington Autism Alliance & Advocacy

Submitted by: Vondell Bender | GHWIC Educator/Strategic Prevention—Hualapai Health, Education & Wellness



What is Autism?

What is ASD? Autism Spectrum Disorder (ASD) is a complex neurological disorder that typically appears in the first three years.

What is Autism?

Autism Spectrum Disorder (ASD) is a complex neurological disorder that typically appears in the first three years of life. Though every case is unique, ASD typically impacts the ability of a person to socially interact with others, and can (though not always) bring with it a variety of learning difficulties.

Like many other neurological disorders, cases of ASD vary widely in severity. Some people with ASD develop significant language and communication difficulties before the age of three. Others do not have these challenges but still experience significant problems with social skills and nonverbal communication. The scope and severity of these symptoms can change over time, with an individual experiencing leaps of progress or serious regression at different stages of his or her development.

Signs & Symptoms of Autism in Children

The following “red flags” may indicate a child is at risk for an autism spectrum disorder. If your child exhibits any of the following, please don’t delay in asking your pediatrician or family doctor for an evaluation:

- No big smiles or other warm, joyful expressions by six months or thereafter
- No back-and-forth sharing of sounds, smiles or other facial expressions by nine months
- No babbling by 12 months
- No back-and-forth gestures such as pointing, showing, reaching or waving by 12 months
- No words by 16 months
- No meaningful, two-word phrases (not including imitating or repeating) by 24 months
- Any loss of speech, babbling or social skills at any age

The M-CHAT (Modified Checklist for Autism in Toddlers) can help you determine if a professional should evaluate your child. The simple online autism screen, available through autism speaks website, takes only a few minutes. If the answers suggest your child is at risk for autism, please consult with your child’s doctor. Likewise, if you have any other concerns about your child’s development, don’t wait. Speak to your doctor now about screening your child for autism. You can learn more about how to recognize the signs of an autism using the Video Glossary. It contains over a hundred video clips illustrating typical and delayed development. Whether you are a parent, caregiver, relative or friend, it can help you learn the subtle differences and spot the early red flags for ASD.

Why is it called the “Autism spectrum”?

Many with ASD’s have exceptional visual and memorization

skills, excel in music, technology and academics. About 46 percent have average to above average intellectual abilities. Many persons on the spectrum take deserved pride in their unique abilities and “atypical” ways of learning. Others with autism have significant disability and are unable to live independently. About 25 percent of individuals with ASD are nonverbal or have very limited verbal language proficiency but can learn to communicate using augmentative communication.

How does having a child with ASD affect families?

As mentioned above, ASD brings numerous challenges for families. Between the challenges of finding qualified professionals to help, securing coverage for treatment from reluctant insurers, and balancing the imposing daily needs of the ASD child with their other children, parenting a child with ASD is extremely difficult. But when it comes to addressing these challenges, Washington families are largely on their own. These obstacles can often put a terrific strain on marriages. Washington leads the nation in out of home placement of children with Autism and related disabilities, and the divorce rate in families of children with Autism is over 86%.

Lightened Squash Casserole • Myrecipes.com

Submitted by: Vondell Bender | Hualapai Health & Wellness

Lightened Squash Casserole

TOTAL TIME: 1 hr, 10 mins. | YIELD: Makes 10 to 12 servings

Ingredients

- 3 pounds yellow squash
- 1/2 cup chopped sweet onion
- 1 1/2 teaspoons salt, divided
- 1 cup grated carrots
- 1 (10 3/4-oz.) can reduced-fat cream of chicken soup
- 1 (8-oz.) container light sour cream
- 1/4 cup chopped fresh chives
- 1/2 cup crushed cornflakes cereal
- 1/2 cup crushed French fried onions
- 2 tablespoons melted butter
- 1/4 teaspoon freshly ground pepper

How to Make It

1. Preheat oven to 350°. Cut squash into 1/4-inch-thick slices; place in a Dutch oven. Add onion, 1 tsp. salt, and water to cover. Bring to a boil over medium-high heat, and cook 5 minutes; drain well, and pat squash dry with paper towels.
2. Stir together grated carrots, next 3 ingredients, and remaining 1/2 tsp. salt in a large bowl; fold in squash mixture. Spoon into a lightly greased 2-qt. oval baking.
3. Stir together cornflakes and next 3 ingredients in a small bowl. Sprinkle over squash mixture.
4. Bake at 350° for 30 to 35 minutes or until bubbly and golden brown, shielding with aluminum foil after 20 to 25 minutes to prevent excessive browning, if necessary. Let stand 10 minutes before serving.



Wow! What Stinks

Submitted by: Vondell Bender | GHWIC Educator/Strategic Prevention—Hualapai Health, Education & Wellness

Wow! What Stinks?

Congratulations on your purchase of Frito-Lay's new Wow! brand fat-free snack chips. As Wow! chips are made with Procter & Gamble's ground-breaking new fat substitute Olean, we've provided you this handy Q&A brochure to help dispel any untruths you may have heard in the liberal media about this wholesome, delicious food-like substance, now available in products found in supermarkets throughout the country.

Q. What is Olean?

A. Olean is the brand name for "olestra," an amazing new fat substitute from Procter & Gamble. Last year, olestra was infused into snack chips planted in select, unsuspecting test markets across the country. Most people who enjoyed these snacks reported that the chips were wholesome and delicious. However, some consumers did call our comment line to report "explosive diarrhea," anal leakage and "stomach pains like in 'Alien'," reports which were then, unfortunately, taken out of context by the liberal media.

Q. Given that fateful encounter, what steps has Procter & Gamble taken to improve olestra in recent years?

A. It renamed the substance "Olean."

Q. How does Olean work?

A. Olean keeps your body from absorbing fat by accelerating it through your digestive system at speeds upwards of 100 miles an hour. The resultant stomach pain and embarrassing discharge is often such that consumers cannot stomach food of any kind for several days, leading to further weight loss and resultant healthful effects.

Q. Will Olean affect vitamins in my body?

A. Yes. It will Hoover them from your system faster than a White House intern. At Procter & Gamble, we're proud to be among the first companies to bring a food product to market that not only has no inherent nutritional value, but actually flushes other nutrients (such as vitamins A, D, E and K) from your body. Truly, this is progress at its best.

Q. How do I know Olean is safe?

A. Olean is one of the most-tested products to ever gain FDA approval, joining the proud ranks of other food-like substances such as saccharin, aspartame and disodium

guanylate. In addition, we're a large American corporation, and thus can assure the trustful public that we'd never feed the populace anything harmful (like tobacco) just to turn a quick buck.

Q. Is it true that there's an entire Web site devoted to "olestra haiku" at <http://www.cs.cmu.edu/~kosak/olestra/>?

A. No. Absolutely not.

Q. Why call these chips Wow!?

A. Shortly after eating Wow! brand snacks, many of our customers were heard to say "Wow! These sure are wholesome and delicious!" We steadfastly deny reports from the liberal media that others were heard to say, "Wow! My stomach hurts!", "Wow! I guess that's what they mean by 'anal leakage!'" or "Wow! I guess this pretty much ends our blind date!"

Q. How is it possible to get people to buy a product best known for its capacity to induce "anal leakage" anyway?

A. Frankly, we don't appreciate your tone. Anal leakage is no laughing matter. We are committed to fighting the scourge of anal leakage and the heartbreak it causes. In fact, at Procter & Gamble's underground labs, scientists are currently working day and night to produce an improved version of Olean that may -- now we're not promising anything here -- but just may provide the same healthful benefits of Olean with 15% less anal leakage! Truly, yet more proof that this a great time to be alive.

Q. Why should I choose Wow! snack chips?

A. Because you're an American, and America enjoys the curious dichotomy of being a chronically overweight nation which worships a chronically underweight body image. As a citizen of this very special country, you have the God-given right to enjoy a perfect body without suffering unpleasant side effects such as "nutrition" or "exercise." At long last, Olean gives you a means to exercise that sense of entitlement. Enjoy your fat-free fat, proud citizens, and God bless America.



Drugs and Alcohol with Diabetes

Submitted by: Jessica Powskey | Hualapai Health, Education & Wellness, Prevention Coordinator

Drug and Alcohol Use with Diabetes

Dr. Karen Vieira, PhD MSM

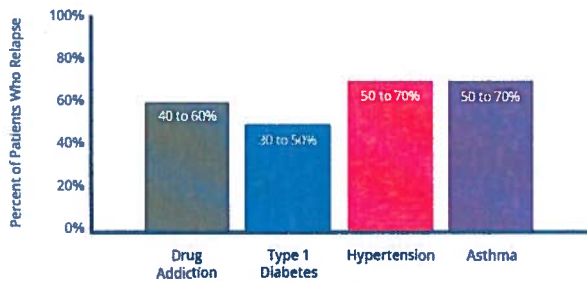
Comprehensive Guide to Research on Risk, Complications and Treatment

Substance abuse is described as the excessive use of a substance such as alcohol or drugs that results in significant clinical impairments as well as the loss of ability to function academically,

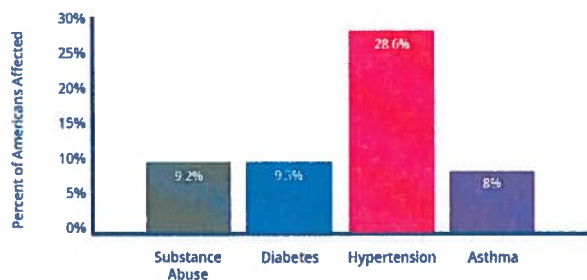
professionally, and socially. An individual who was healthy before the substance abuse began will typically begin to experience serious health problems over time, but extensive damage may be avoided or reversed if effective substance abuse treatment is received. This is not the case, however, for individuals who have been diagnosed with diabetes, and although this is a manageable disease with proper treatment, substance abuse may cause it to become life-threatening.

This guide will discuss, in detail, how substance abuse can negatively impact the life and health of a person with diabetes.

COMPARISON OF RELAPSE RATES BETWEEN DRUG ADDICTION AND OTHER CHRONIC ILLNESSES



COMPARISON OF PREVALENCE RATES BETWEEN SUBSTANCE ABUSE AND OTHER CHRONIC ILLNESSES



Types of diabetes. Diabetes, also referred to as diabetes mellitus, is a condition in which the body is unable to properly regulate blood sugar levels. There are two forms known as type 1 and type 2 diabetes, but in order to better understand the difference between the two types, the role that insulin plays in the regulation of healthy blood sugar levels will be briefly described. During the digestive process, carbohydrates are broken down into glucose, which is a form of sugar that easily enters the bloodstream and is used by the body for energy.

The pancreas normally responds to increasing blood sugar levels by initiating the production of the hormone known as insulin. As insulin levels increase, it signals the transfer of glucose into cells throughout the body and it also ensures that excess glucose will be stored in the liver in order to prevent high blood sugar levels.

Type 1 diabetes, which is also called juvenile or insulin dependent diabetes, develops due to the loss of cells in the pancreas that are responsible for producing insulin. This causes either no insulin or miniscule amounts to be produced. Type 1 diabetes is also commonly referred to as juvenile diabetes because it is often diagnosed during childhood.

Type 2 diabetes, which is the most common form, develops as a result of the body's inability to properly use insulin. This inappropriate response is referred to as insulin resistance. Initially the pancreas begins to produce extra insulin in order to counteract the

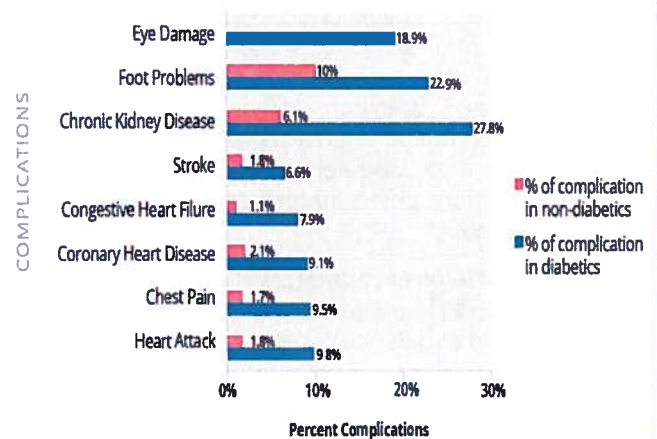
body's resistance, but eventually the pancreas cannot produce the amount of insulin that is needed to maintain normal blood sugar levels.

Although the mechanisms are different, both of these types of diabetes prevent sugar that is in the form of glucose from entering the body's cells and if the condition is not properly treated, blood sugar levels become dangerously high.

"Hyperglycemia refers to abnormally high blood sugar levels and this occurs when there is not enough insulin in the body."

Health problems caused by uncontrolled diabetes

Prevalence of Complications in Type 2 Diabetics and Non-Diabetics

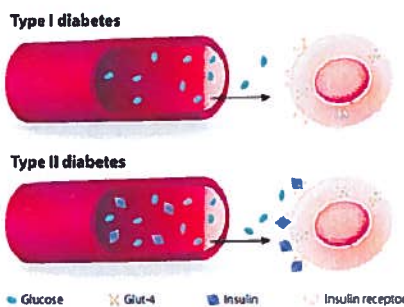


Uncontrolled diabetes may result in serious medical problems such as hyperglycemia or hypoglycemia. Hyperglycemia refers to abnormally high blood sugar levels and this occurs when there is not enough insulin in the body. Hypoglycemia, or abnormally low blood sugar levels, occurs when there is too much insulin in the body and not enough sugar in the blood in the form of glucose. Both of these complications can cause a number of dangerous health problems that include:

- Organ damage (e.g., kidneys) if hyperglycemia develops
- Damage to the small blood vessels in the eyes, which may lead to blindness
- Nerve damage, called diabetic neuropathy, which may lead to skin ulcers and other injuries that heal poorly
- Paralysis and limb amputations due to nerve damage and cumulative injury
- Blood vessel damage in the heart, which increases the risk of atherosclerosis, heart attacks and strokes
- An increased susceptibility to high blood pressure
- A coma or even death due to hyper- or hypoglycemia

In addition, when insulin levels are too low, the body may also begin to break down fat and use it as an energy source, but this causes toxic acids called ketones to build up in the bloodstream. This phenomenon is known as diabetic ketoacidosis and it is a medical emergency. These types of complications are intensified by alcohol and drug abuse. Furthermore, alcohol abuse as well as a poor diet throughout childhood or adulthood have been labeled as possible causes for type 2 diabetes.

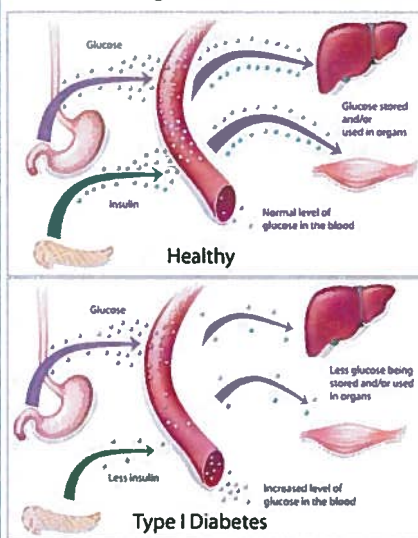
TYPES OF DIABETES



The negative impact of alcohol abuse on diabetes. Individuals who have been diagnosed with diabetes have to be especially careful when consuming alcohol. Typically, women who have diabetes are advised to consume only one drink a day and only two drinks are advised for men with diabetes.

However, if a person with diabetes already has hypertension, nerve damage, or eye problems, the consumption of alcohol is usually not recommended at all. This is because drinks such as wine and beer contain carbohydrates that can be broken down into glucose (sugar) and consuming more than the recommended amount of alcohol may cause blood sugar levels to rapidly increase.

Alcohol slows down the liver. Drinking alcohol also hinders the liver from releasing stored glucose; this can lead to dangerously low blood sugar levels. It takes about two hours for the liver to



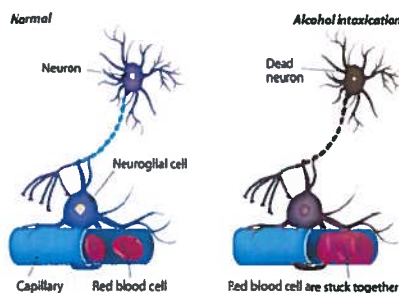
break down the alcohol that is contained in one drink. The energy spent in doing so would otherwise be utilized for a healthy release of stored glucose. All told, alcohol slows down the body's reaction time, disrupts the liver's ability to release glucose, and may cause individuals with type 1 or 2 diabetes to slowly develop hypoglycemia.

For individuals who have type 1 diabetes, even drinking small amounts of alcohol along with a meal in the evening may result in the onset of hypoglycemia up to 24 hours later.

This is believed to be due to the delay in the regulatory processes of the liver as well as the impaired ability of the individual to detect a drop in blood sugar early enough to improve the condition by eating, for example. These types of health problems worsen dramatically in individuals with diabetes who not only drink, but abuse alcohol.

Furthermore, the symptoms of hypoglycemia and alcohol intoxication are quite similar sometimes. Failure to discern a hypoglycemic episode from acute intoxication can easily result with the person with diabetes not receiving the proper care. If the person with diabetes is not wearing an I.D. bracelet, hypoglycemia may not be suspected right away, even when evaluated in an emergency room. The resultant delay of care can put the individual at further risk of suffering from more serious complications.

Alcohol worsens nerve damage. One of the complications of uncontrolled diabetes is nerve damage, and excessive alcohol consumption or alcohol abuse can worsen the symptoms. If diabetic nerve damage develops it can affect both sensory (e.g., sensitivity to touch and temperature) and motor function.



Alcohol abuse causes a condition known as hyperalgesia in which the already damaged nerves become even more sensitive to pain. In other words, if an individual with diabetes is already suffering from pain due to nerve damage, alcohol abuse can dramatically increase the amount of pain that is felt.

In addition, alcohol abuse leads to a continuous release of certain hormones that are meant to control pain and prevent further damage to the body. What results, however, is a sustained increase in activity of the nervous system, which will actually further intensify pain signaling.

Therefore, alcohol abuse makes it much harder for the body to control the pain that may have already developed due to diabetic nerve damage and in doing so makes the individual's condition dramatically worse.

Alcohol abuse makes eye problems worse. An occasional drink may cause temporary double vision or blurry vision, but alcohol abuse can worsen any type of eye disease that has been caused by an individual's diabetes. Alcohol slows down brain activity, which causes the pupils to react more slowly and this alters their ability to widen or constrict properly. Over time, this also permanently weakens the muscles in the eyes. As a result, alcohol abuse can lead to blurred vision or double vision that is permanent, especially in diabetics who may have already had existing vision problems.



Alcohol abuse also causes blood vessels in the eyes to swell and this produces a red, bloodshot appearance. Rapid eye movement, in which the eyes involuntarily move back and forth, may develop over time as well in the individual abusing alcohol.

If a person with diabetes begins to develop eye problems, the right form of treatment may help slow or prevent further vision loss. However, individuals with diabetes who also drink excessive amounts of alcohol will experience unchecked deterioration of their vision.

The vision loss that occurs from alcohol abuse is somewhat gradual and for some individuals, alcohol abuse is even linked to the onset of type 2 diabetes. The effects of alcohol abuse on vision are more prominent in individuals with type 2 diabetes. This is mainly because type 1 diabetes is often diagnosed during childhood and adolescence, while type 2 diabetes is typically diagnosed during adulthood.

Alcohol reduces the effectiveness of diabetes medication. Alcohol reduces the effectiveness of insulin injections or pumps that most type 1 diabetics use and certain medications that promote insulin activity in type 2 diabetics, such as Prandin (meglitinides) and sulfonylureas (glyburide, glipizide).



Insulin injections and pumps provide specific quantities of insulin to type 1 diabetics. Pumps, in particular, are programmed to deliver a small amount of insulin continuously throughout the day and a larger amount during mealtime. Drinking large

amounts of alcohol alters blood sugar levels and makes it difficult for an individual to properly program the insulin pump.

In other words, the pump cannot automatically adjust the insulin dosage to accommodate the rapidly changing blood sugar levels after alcohol consumption. In addition, drinking excessive amounts of alcohol decreases the body's ability to respond to injected insulin. This is because the body begins to focus much of its metabolic energy on removing the alcohol from the system, which prevents proper blood sugar regulation. This situation can become especially dangerous for type 1 diabetics.

In addition, certain medications for type 2 diabetics stimulate the pancreas in order for more insulin to be produced after a meal. Alcohol, however, prevents the body from responding to the diabetes pills in a timely manner, thereby hindering the ability of the body to work in conjunction with the medication to regulate blood sugar levels.

Drinking excessive amounts of alcohol even makes some individuals more hungry than usual. Additionally, an intoxicated individual is more apt to make poor food choices, and have more difficulty gauging the amount eaten. The combination of eating too much along with the alcohol's potential to lower the effectiveness of medication can result in high blood sugar levels (hyperglycemia).

Drug use and diabetes. Substance abuse isn't limited to just alcohol. Substance abuse can also include the excessive use of recreational or illegal drugs, which are defined as chemical agents that change the way the brain and body normally function. Recreational and illegal drugs are those that have not been approved by a physician for medical purposes. This guide will focus on those drugs that are used by people with diabetes that can negatively impact their health.

Although drugs tend to affect people in different ways, the harmful side effects of most recreational and illegal drugs make them especially dangerous for individuals who have diabetes. Drug abuse may result in both physical and mental problems (e.g., organ or brain damage) that can alter an individual's ability to properly use diabetes medication.

Taking drugs can also lead to an addiction, depression, or an unexpected overdose. Moreover, many illegal drugs may counteract or reduce the effectiveness of medication that people with diabetes use to maintain healthy blood sugar levels. Complications due to drug use that lead to hyper- or hypoglycemia can result in coma, or death for a person who is diabetic. Understanding the health risks that are associated with diabetes and drug abuse is an important way to stay safe and healthy.

The effects of smoking on diabetes. Compared to the general population, the rates of cigarette smoking are much higher in alcohol and substance abusers. No guide would be complete without inclusion of the harmful effects of smoking in individuals with diabetes who may or may not also be concurrent substance abusers. On its own, uncontrolled diabetes may result in damage to the blood vessels of the heart, which increases the risk of heart diseases (e.g., atherosclerosis), heart attack and strokes. Smoking is harmful for people who do not have diabetes because it reduces blood circulation throughout the entire body, increases the risk of heart disease, and speeds up the progression of heart disease.

Consequently, individuals who have diabetes are at an even greater risk of suffering from heart problems if they smoke. Individuals with diabetes who smoke also tend to die more often from heart disease than individuals with diabetes who do not smoke. This is because diabetic complications may have already started to damage blood vessels in the heart and smoking further com-

pounds this circulatory deterioration.

People with diabetes who smoke also tend to suffer from vision problems, lung disease, cancer and reduced blood sugar control; the latter of which is especially a problem for type 1 diabetics. Moreover, smoking in combination with heavy drinking increases the risk of developing kidney disease, and individuals with diabetes who do not smoke are already susceptible to kidney damage. If an individual's diabetes is being properly controlled through medication, refraining from smoking altogether or quitting is essential toward maintaining good health.

The effects of illicit drugs on diabetes. One of the main problems that can occur from taking illicit drugs is that often individuals with type 1 diabetes forget to eat properly, which can lead to alarmingly low blood sugar. However, diabetic individuals may also forget to administer their regularly scheduled insulin injection or set their pump properly and failing to do so can lead to dangerously high blood sugars levels.

Forgetting to eat is especially dangerous for type 1 diabetics because low blood sugar levels may cause the body to begin to break down fats and release toxic acids, called ketones, into the bloodstream. This condition is known as ketoacidosis and the symptoms that it causes—dehydration, vomiting, abdominal pain and a sweet acetone-like smell on the breath—indicate that immediate medical attention has become necessary.

Although type 1 diabetics are highly susceptible to this condition, individuals who have type 2 diabetes rarely suffer from it.

Many individuals with type 2 diabetes do not usually need insulin injections and instead manage their condition with different types of prescribed medication that include:

- Pills that help stimulate the pancreas to create more insulin during specific times of the day (e.g., mealtime).
- Pills that reduce the production of glucose (sugar) in the liver or cause excess amounts of glucose to be excreted through urine.
- Pills that slow the breakdown of starches into glucose by preventing the digestion of certain foods in the intestine.

Similar to the problems that occur for type 1 diabetics, taking illicit drugs can cause individuals with type 2 diabetes to forget to take their medication at appropriate times and this results in high blood sugar levels.

Commonly taken illicit drugs. There are three common types of illicit drugs that may be taken by individuals with and without diabetes. These include: stimulants, depressants and hallucinogens. Although there is not a lot of information available regarding how illicit drugs affect people with type 1 and type 2 diabetes, the side effects that certain substances are known to cause put individuals with diabetes at an increased risk of suffering from serious health problems.

Stimulants. Stimulants are substances that speed up processes in the body such as blood pressure and heart rate, but also have the ability to increase body temperature. Nicotine, caffeine, methamphetamine (e.g., speed or crystal meth), ecstasy (MDMA) and cocaine all have stimulant effects. Individuals with diabetes who take stimulants often suffer from low blood sugar (hypoglycemia) because the body breaks down carbohydrates faster than usual. If this begins to



happen, a source of carbohydrates such as a glass of juice or a few pieces of candy have to be quickly consumed to avoid the symptoms of hypoglycemia, such as shaking, dizziness and even fainting. However, the stimulant may alter mental processes, decrease a person's ability to recognize the symptoms of low blood sugar or cause a person to forget to eat altogether.

Ecstasy (MDMA). One commonly taken illicit drug with stimulant effects is ecstasy (MDMA). Ecstasy is usually purchased on the street, meaning that the actual contents of the drug are unknown. In other words, it is hard to know whether the drug contains just ecstasy or additional harmful substances.

Individuals with diabetes often think that ecstasy is safer than other drugs such as crystal meth or speed, but it contains many of the same poisonous ingredients as other stimulants. Harmful side effects that are extremely dangerous for individuals already managing diabetes include:

- Emotional problems such as depression, anxiety or paranoia
- Memory and sleep problems
- The breakdown of muscle tissue, which leads to the release of muscle enzymes into the bloodstream that may cause kidney damage or kidney failure
- A rapid decrease of sodium (salt) in the blood, which leads to a loss of normal functions in the body
- An irregular, rapid or slow heartbeat, which can be fatal

These types of complications can hinder an individual's decision to take their scheduled medication or, if taken, render the medication ineffective.

After a stimulant is taken, there frequently may also be a loss of appetite. This can be quite dangerous when it occurs, since an individual who has diabetes may begin to experience low blood sugar but not the usual queues to start eating. Another short-term effect of stimulants is that they can make one feel as if they are able to engage in physical activity for prolonged periods without taking a break. This is particularly problematic for type 1 diabetics who forget to eat or become dehydrated as they may develop the aforementioned condition of ketoacidosis, which is a medical emergency.

Dizziness, nausea and vomiting may also develop shortly after taking stimulants such as ecstasy and this, in turn, influences the amount of food consumed and the resultant changes in blood sugar levels. Stimulants, in general, cause various changes in the body that make it hard for blood sugar levels to be regulated properly. Moreover, the emotional and physical side effects can influence the way an individual with diabetes takes medication, putting them at further risk of suffering from fatal complications.

Cocaine. Cocaine is a highly addictive stimulant that causes blood vessels to constrict and subsequently increases blood pressure. This side effect increases the risk of heart attacks and strokes in individuals with diabetes who are already predisposed to these health problems due to their condition.

Cocaine use also causes appetite suppression. Regular cocaine users tend to eat fewer balanced meals than those who do not use cocaine. Cocaine abuse is also associated with the increased consumption of fatty foods.

This type of irregular eating pattern can become quite harmful for diabetics. Forgetting to eat properly due to a reduced appetite will eventually lead to dangerously low blood sugar levels (hypoglycemia); an especially problematic health issue for type 1 diabetics. However, having difficulty gauging the amount fatty foods that are eaten when feelings of hunger or hypoglycemia eventually prompt an individual with diabetes to eat may hinder the effectiveness of medication such as insulin injections or diabetes

pills and cause hyperglycemia.

Methamphetamine. Methamphetamines are very dangerous for people who have diabetes because this drug alters insulin activity and hormone production, which leads to the release of too much glucose (sugar) and results in high blood sugar levels.

Methamphetamine use can also lead to a loss of appetite, memory loss and depression, especially if it is taken regularly. All of which may result in unhealthy blood sugar levels for diabetics.

Depressants. Depressants refer to substances that slow down normal processes in the body and physical activity by altering the manner in which the brain sends and receives signals. Alcohol, marijuana (cannabis) and benzodiazepines (BZD), as well as opioids such as methadone, codeine, morphine and heroin can be loosely categorized in this group based on their depressant effects.

Marijuana. Marijuana, most frequently used as a recreational drug, is one of the most commonly used substances by adolescents who have type 1 diabetes. Most people with diabetes who take marijuana assume that it is less harmful than heroin or cocaine, but the effects that marijuana has on mental processes can lead to serious problems such as:

- Increased hunger (typically referred to as having the munchies) – this may result in overeating that, in turn, leads to high blood sugar levels (hyperglycemia).
- Low blood sugar (hypoglycemia) if the intoxication of the drug causes an individual with diabetes to forget to eat.
- Short-term memory problems, which may cause people to take their insulin injections or diabetes medications incorrectly or eat foods that negatively alter their blood sugar levels without realizing it.
- Concentration, cognition, as well as hand-eye coordination may be impaired by marijuana, resulting in forgotten or improper administration of diabetes meds.
- Depressive symptoms and an altered state of mind may develop if marijuana is taken regularly and substance abuse develops.
- Serious damage to different organs such as the kidneys and heart if marijuana is combined with alcohol.

Heroin. Heroin, in particular, is a highly dangerous and addictive depressant that is typically bought on the streets. Similar to other depressants, it alters eating habits and hormone production, making it harder for the body to maintain healthy blood sugar levels even when a diabetic is taking insulin or diabetes pills. Additional harmful effects include:

- A brief sense of euphoria followed by a state of drowsiness and confusion that can make an individual forget to take an insulin shot or diabetes pill.
- Slowed breathing, which may lead to death.
- Liver, brain, and lung damage
- Blood vessel damage, bruising, and poor circulation

People who have diabetes are already highly susceptible to blood vessel and organ damage, ulcers and amputations due to circulation problems. Taking drugs such as heroin causes extensive damage to the body that a diabetic would struggle to recover from without intensive substance abuse treatment. Other opioids such as morphine also increase the concentration of several hormones including glucagon, which is a hor-

more produced in the pancreas that leads to higher levels of glucose (sugar) in the bloodstream. Tight control of blood sugar levels becomes difficult with these effects. Opioids, in this way, counteract the effects of some diabetes medication and should be avoided by diabetics.

Hallucinogens. Hallucinogens, as the name sounds, are substances that may cause hallucinations by affecting the mind and the senses. If hallucinations occur, an individual may see objects that are distorted or not really there and this may cause paranoia, abnormal behavior and panic attacks. PCP, LSD, ketamine, mescaline and magic mushrooms are all classified as hallucinogens. Ecstasy and large amounts of marijuana may also elicit effects similar to the hallucinogens,

Ketamine. Ketamine is a dissociative drug with some hallucinogenic properties that is often used for medical purposes as a general anesthetic. It prevents sensory information such as pain signals from being sent and received by the brain. The effects that ketamine can have on a person depends of different factors such as weight, height, and health status. For most people, it causes distorted hearing, vision, thinking, and emotional changes. Serious complications and bodily injury may occur for people with diabetes who use this drug mainly due to side effects such as feeling detached from the body or not being able to move at all. Ketamine also causes confusion, concentration problems and memory loss, which leads to changes in eating patterns and forgetfulness. As mentioned in conjunction with other substances, type 1 diabetics who forget to take their insulin or forget to eat often develop ketoacidosis and this is a medical emergency due to the toxic buildup of acid in the blood. Type 2 diabetics are not as susceptible to ketoacidosis, but those who forget to take their medication risk suffering from dangerously high blood sugar or low blood sugar if they forget to eat. These types of complications can also lead to a coma and become fatal.

Moreover, chronic ketamine abuse has been linked to damage of the gastrointestinal and urinary tract, the brain, heart and liver. These types of health problems are extremely dangerous for type 1 and type 2 diabetics.

Additional side effects that may occur after taking ketamine include:

- Panic and anxiety attacks, paranoia, dangerous and abnormal behavior
- Blurred vision, slurred speech and slower than normal hand and eye coordination
- Increased heart rate, blood pressure and breathing
- Sweating, drowsiness, nausea and vomiting

Unless a licensed physician is administering this drug under close supervision, it should not be taken by people who have diabetes.

The dangers of mixing drugs. People who are struggling with substance abuse may also mix different drugs or combine them with alcohol. These combinations can increase the risk of fainting, vomiting, breathing abnormalities, impulsive or dangerous behavior, accidents, as well as overdose and death. Diabetes can quickly become a deadly condition if medication is not taken or if its effects are reduced due to illicit drugs and alcohol that may be circulating in the body. Furthermore, if a person is not quickly identified as having diabetes (by medical chart notation, or detection of diabetic I.D. bracelet), and he or she presents as a patient to an emergency room with symptoms of a combination drug overdose or alcohol intoxication, diabetic specific treatment may be delayed or overlooked altogether.

Reducing harm for those with diabetes. Taking any type of drug other than what has been prescribed to treat diabetes may alter

blood sugar levels as well as the body's ability to use diabetes medication. The following are important steps that should be taken to avoid serious health complications:

- Ask questions and do research about the side effects of a new medication before deciding if it should be taken. Doctors can usually answer questions about possible drug interactions and side effects; reputable internet sources often provide useful information as well.
- Ill advised as it may be to do so; individuals with diabetes who decide to take an illicit or new drug should always do so in the presence of another person who knows what type of drug it is. This helps ensure that the appropriate care will be provided if serious complications arise.
- Never stop taking diabetes medication as this often results in high blood sugar levels and other serious health problems (e.g., organ damage, coma).
- Always wear a diabetic medical I.D. bracelet as this helps individuals quickly identify this condition and often saves lives when an emergency arises.
- Find ways to avoid peer pressure and stand up to people who initiate it. True friends do not pressure each other to put their health at risk.

Seek professional treatment for substance abuse. Type 1 diabetes is diagnosed in children and adolescents more often than in adults, and substance abuse—particularly the use of recreational drugs—is becoming increasingly popular among adolescents. Alcohol use and cigarette smoking are more prevalent among adults with type 2 diabetes, although the use of illicit drugs is also a common problem among diabetics.

Substance abuse is one of the leading preventable causes of death and emergency room visits even though a number of effective treatments have been established, apparently due to people failing to seek treatment for at least 10 years after the substance abuse started. As a result, substance abuse is currently a major health concern.

Serious damage can occur in most major organs in the body, including the heart and kidneys, due to substance abuse. People with diabetes are already highly susceptible to organ damage and heart disease. Mortality rates for diabetics who abuse drugs are much higher than for those who do not.

Drug dependent diabetics can experience painful and debilitating withdrawal symptoms upon stopping the consumption of alcohol or taking illicit drugs. Depending on substance type, a range of withdrawal symptoms exist, and may include: hyperhidrosis (heavy sweating), myalgia (pain throughout the body), fever, nausea, vomiting, diarrhea and intense cravings. When faced with symptoms such as these, it can become impossible for people with diabetes to properly control their condition – all the more reason to remain abstinent from using drugs in the first place.

Substance abuse is no easy issue, and is made even more complicated alongside chronic conditions such as type 1 and 2 diabetes. As illustrated, the combination of both can lead to serious complications and death. Avoiding drug use altogether or seeking treatment at the first sign of substance abuse is the best way to stay healthy. Management of diabetes and substance abuse can be aided by seeking the help of qualified professionals – anyone struggling with both is strongly urged to do so.

Celebrate Recovery • Monday Nights

Submitted by: Steven Sage



**CELEBRATE
RECOVERY**

THE ROAD TO RECOVERY

CR is based on life principles passed
down from our higher power as spoken in

the **Beatitudes- Matthew 5: 3-19**

It's not only about addictions, it's about life choices.

- Having Anger Issues.
- Co-dependency relationships.
- Rediscover your walk with Jesus.
- Restoring relationships with family and friends.
- Searching for the Truth.

These are only some of the reasons to attend a
Celebrate Recovery Meeting.

Everyone is welcomed with open arms and minds.

We are here to support one another, not fix another.

HOPE

Springs from within.

MONDAY NIGHTS 6:00 O'CLOCK HEW

Indian Health Services • Notifications*Submitted by: IHS | Purchased Referred Care/Specialty Clinic***PURCHASED/REFERRED CARE DEPARTMENT: NOTIFICATIONS**

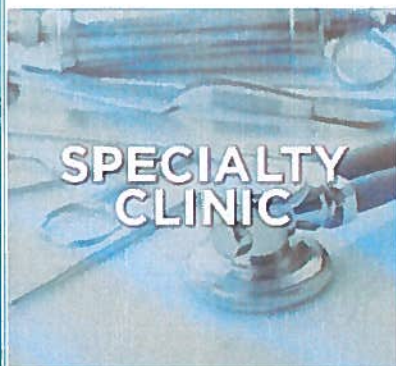
Purchased Referred Care (PRC) FUNDING FOR EMERGENCY ROOM VISIT IS CURRENTLY AVAILABE AT MEDICAL PRIORITY I: Which are conditions that pose an immediate threat to Life, Limb, or Senses.

- 72-Hour Notification to PRC is required for emergency treatment or for an admission at a non-Indian Health Service (IHS) facility. 30 days for the elderly.
- All non-emergent, private health care or specialty services require prior authorization FOR EACH VISIT from PRC and currently funded at Medical Priority I, II and III.
- Please notify PRC about any follow up appointments you may have outside of IHS to allow time for PRC staff to prepare your paperwork.
- If your referral does not meet this requirement, your services will be denied or deferred. PRC will try to find the service at another (IHS) facility if you choose that option OR you may use your own insurance to seek additional health care at your own expense.
- Please make sure you take a PRC referral with you to EVERY appointment outside of IHS.

**IF THESE STEPS ARE NOT FOLLOWED YOU MAY BE HELD RESPONSIBLE FOR PAYMENT OF YOUR MEDICAL SERVICES OUTSIDE OF IHS**

If you are told by your physician that a referral will be made for you, please ask to see the Referral Coordinator before you leave the clinic area or contact PRC by telephone to check the status.

In accordance with PRC policy. No PRC funds may be expended for services that are reasonably accessible and available at IHS facilities.



Please ask about our Specialty Clinic's:
PIMC: Rheumatology, Audiology, GYN, Ophthalmology
Parker: Podiatry, Optometry, Physical Therapy

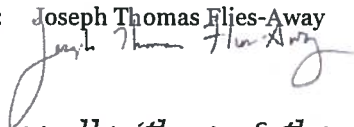
COMMUNITY MESSAGES

Letter to the Community

Submitted by: Joseph T. Flies-Away | Hualapai Court of Appeals, Chief Justice

To:  Hwal'bay Ba:j

From: Joseph Thomas Flies-Away




Jo-Gamywije, I hope all is well with you & those who keep you strong. What helps keeps nations strong is their constitution. As I wrote about last time, Hualapai Nation had its first Community Meeting about constitutional reform on March 15. Over the next year or so there will be multiple Community Meetings where the Constitution Committee will seek tribal & community member input about potential changes to the Hualapai Constitution. I am hoping that as these meetings progress more & more people will participate & provide input.

Some of you might remember that about a decade ago I submitted short writings about constitutions & laws. In these writings I attempted to nurture interest about constitutions, our constitution, & related issues dealing with what makes up the Hualapai Nation, Who We Are & how we operate. I got comments about my writing, mostly good, that exemplified the different opinions that exist at Hualapai. The people speaking at our first Community Meeting showed that different opinions prevail, that we do not all think the same way. Our Constitution should be one document, one tool that generalizes all these opinions, where we can at least say, We Believe This Way, We Believe Like This, Or, We Are Going to Have to Behave This Way. Still, the Constitution is general enough that there is room for different behaviors, different conduct that is the 'right' way.

For instance, the Constitution states, "We . . . adopt this constitution in order to maintain our culture, language & tribal identity". Listening to the people at the meeting & in other venues, there are opinions about the Hualapai language. It is the opinion of many that the Hualapai language is fading or is already lost. Those who work with it each day or did professionally were & hopefully still are, of the opinion that it could be saved & taught & learned to generations to come. Which of these opinions do you share sentiment? Is it lost? Was it saved? Can it be saved? If you are of the group who believe it can be saved, what activities can the Tribe or individuals convene or participate in that works towards saving the language or strengthening it?

There was a very interesting comment from one participant who sincerely & plainly stated her need for a translator from Hualapai to English. There was a lot of Hualapai spoken at the meeting. Many of the people there did not understand what was being said. But at the same time there were many people who did. From listening at this mtg. one would think the Hualapai language is not lost, so much so that we need to provide translation. I also wanted to know everything each person said. But as the participant, did not. It sounded beautiful though, listening to it, just as I am sure this particular participant's father would have liked it, as he was a fluent and beautiful Hualapai speaker. How can the various opinions we have about language be considered & a tribal consensus about it figure out, then work from there? If it's lost, how can it be saved? If it's here, what do we need to do to strengthen it? I believe we have much more than most other tribes & we should be happy that our most beautiful language is still among us and alive! Until next time, Ma, Miyam Hanuja; Ha:nk Wayo:hiyu! yadayada

Article II Membership*Submitted by: Mr. Leon Young Beecher*

Article II Membership 04/10/17
 A member of the Hualapai Tribe, I'm clear minded. I am a brother, son, cousin, uncle, nephew and father to members of my community, and I speak this to my People of the Tall Pines on my thoughts on membership. I'm the son of Lyman Beecher and Earldine Achee. My bloodline is Hualapai, Laguna and Supai native. I respect my background; my bloodline is 11/16. I love you mom. Clara Mahone knows when I membered up. I'm from the Pine Spring Band. My family all lie resting there. I grew up around our family home smelling of sage. I laid in a Hualapai cradle, ate, walked, lived, made money, got warm, drank water all from this land. I'm proud to say I'm still learning the language. There are people still teaching the ways. Hualapai, still with faith, hope, belief for culture, tradition, and spirituality. I am thankful for all who fought in war for our People of the Tall Pines, especially my grandfathers, for Natural Resources, the Hualapai Constitution, the judicial system, sovereignty and wildlife. The right to govern our own laws. Example: wildlife and taxes, don't tax a native, give it whole-sale. Tax non-members, antler picking, members any time got a million can't walk it in 1 day. Don't hand to us Arizona state laws as a guideline. Make our own as long as fair, law, voted on it.

The equal opportunity, equal meaning the same alike, something valued as the same, symbol = shows both sides have same value. Keyword now "to be as good as someone or something else." Opportunity meaning a fit or convenient time, occasion, a good chance. The equal opportunity in our Hualapai Constitution, we invite the whole world to work, then to drop the blood quantum to one-fourth. No don't drop it. What if someone has a bloody nose! Tell them to get in line, wait for a special occasion; other generations down the line might second that motion. I use to hear this saying, "want to be gangster, now want to be Hualapai".

What do you people that want to be Hualapai really want? A place to live, a job, natural resources, loans, schooling, money, etc.? Isn't honorary membership equal opportunity enough? Now watered down blood? The Hualapai Constitution is written, stick to it. This is a very sensitive subject, if I may offend anyone you know. Members only, member for life! My generation 1983, Hualapai Tribe 1883, 100 years in the making; I spoke my thoughts from my generation from my feelings to my people. First page in the constitution is to protect the rights. I know who I am and where I'm from and where I'm going.

Leave Me Alone at Night*Submitted by: Truman Talieje*

Dear Community or so called friends, at this point and time in my living arrangement I ask that you please do not come knocking on my doors late at night. I've had things stolen and my house mistreated. Therefore, everyone's privileges are suspended until further notice. Thank you for your cooperation. My doors are locked as soon as the sun goes down.



The Hualapai River Runners and NWLP
 proudly present:*

Native Noon Hour

*Share your lunch
 with Wanda J
 weekdays 12 to 1
 100.9 FM*

www.kwlpradio.com

**where pride culture and tradition*

Soar down the mighty Colorado River!

2017 Senior Games • Salt River on March 23-24, 2017*Helen J. Watahomigie Hualapai Elderly Center*

On the morning of March 22, 2017 eight elders boarded the van for fun filled winning thoughts on a road trip to participate in the 2017 Salt River Senior Games.

It's always exciting to attend these games and a chance for our elders who are willing to take part in the games, they had a great times and some even came back as winners, not all received awards but just participating is a challenge, and to me they are all winners.

There was well over 300 elders that took part in the senior games, which consisted of Obstacle Course, cup stackers, bean bag toss, basketball throw, horse shoe toss, woover ball hitting, chicken toss, walking relay, Umpa Lumpa & chair volleyball tourney.

Following is the list of our elders that participated and received awards.

Chicken Toss**55-59 Category:**

2nd Place - Naomi Shongo

60-64 Category:

1st Place - Mike Patrick

75 & Up Category:

3rd Place - Phoebe Tapija

3rd Place - Grant Tapija, Jr.

Horse Shoe Toss**60-65 Age Category:**

Claude Tapija

Obstacle Course**60-65 Age Category:**

2nd Place - Adeline Crozier

2nd Place - Mike Patrick

75 & Up Category:

Grant Tapija, Jr.

Basketball Shoot Out**60-65 Age Category:**

3rd Place - Mike Patrick

75 & Up Category:

3rd Place - Grant Tapija

Cup Stackers**75 & Up Category:**

2nd Place - Grant Tapija, Jr.

Woover Ball Hitting**60-65 Age Category:**

2nd Place - Mike Patrick

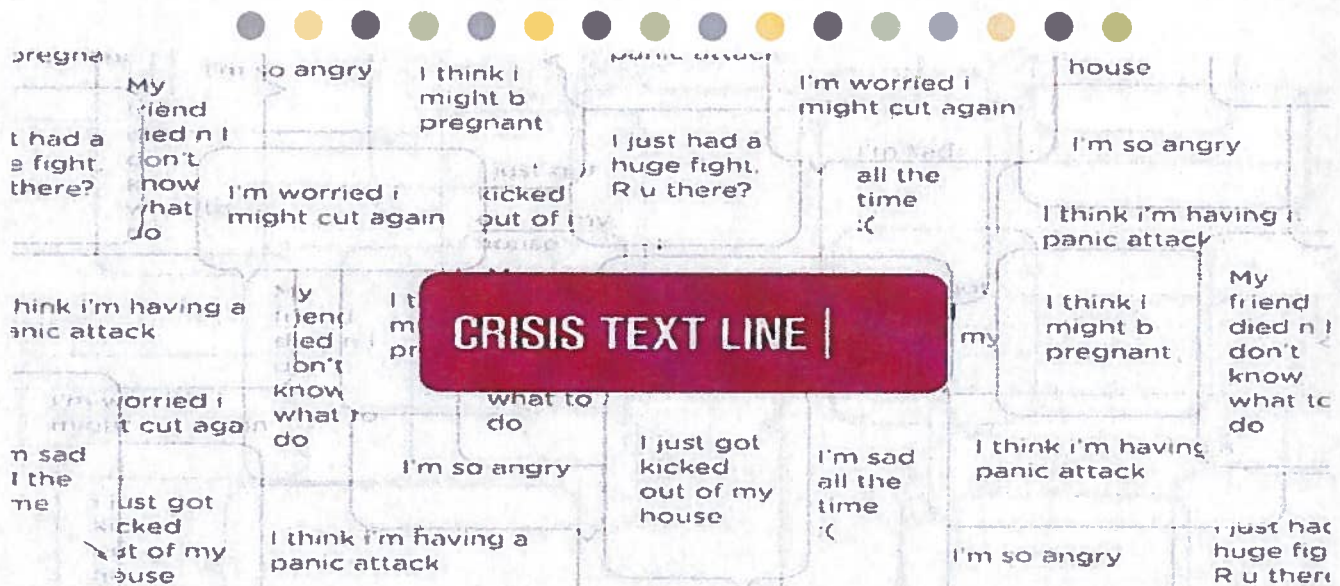
75 & Up Category:

3rd Place - Grant Tapija

Grant Tapija, Jr. and Mike Patrick participated in the Umpa Lumpa and did a great job, it was a tough challenge but they made it through the course. Jorigine Paya, Dinah Majenty, Adeline Crozier and Naomi Shongo gave it a shot at the walking relay. Monica Romo also participated in the senior games.

There are other senior games planned for our elders, you just need to come to the Elderly Center and the sign up sheets are on the bulletin or give us a call at the center to find out what's coming up!

It's a great time to travel and most of all have fun, so come on Elders get in the action!!!



TEXT "HELLO" TO

741-741

A FREE, 24/7 TEXT LINE FOR PEOPLE IN CRISIS

WE LOVE OUR VOLUNTEERS

"The Peach."



*The Hualapai Nation's Live and Local Radio Station
Proudly Announces and Congratulates
April 2017 Volunteer of the Month:*



Sylvia Jackson



Sylvia Jackson, aka DJ Sugar Bear is now famous far and wide among KWLP listeners. She helps "make your heart beat and makes you tap your feet" during Classic Country Hour, and now also Rez Cowboy Radio every Wednesday afternoon. Tune in and share a good time and a good story from "back in the day!" Sylvia also now hosts the second hour on Monday Memories every Monday afternoon at 4 pm. ...Talk about taking you back in the day in a fun way!

Sylvia is definitely setting the bar for community volunteer contributions and commitment. She is fast becoming a "Peach" listener favorite DJ. Staff appreciates her thoughtful playlists, prepared talk segments and consistent and timely participation! That is why she is the staff's pick for volunteer of the month this month and why she will be receiving an incentive package worth over \$100.00 from KWLP and our volunteer sponsors.

KWLP Volunteers sponsored in part by:



Police Youth Adventure Camp 2017 • Applications DUE by Monday, May 15th*Submitted by: Wanda Quasula | Hualapai Police Department***Police Youth Adventure Camp 2017**
POLICE DEPARTMENT OF THE HUALAPAI NATION

The Hualapai Nation Police Department seeks to provide innovative and effective programs for the Hualapai Communities young people. The Hualapai Police Youth Camp is a program designed to establish a positive relationship between the Police Department and the Communities youth.

Hualapai Tribal Members and Mohave County residents, attending school, between the ages of 10 and 18 are eligible to attend. The Police Youth Adventure Camp will provide those participating in the program with snacks and meals for all trips.

The goals of the academy are:

- To enhance responsible citizenship.
- To provide positive interaction with police officers and to educate young people about challenges and responsibility of police work.
- To encourage young people to become a positive role model for future generations.

The 2016 Police Youth Adventure Camp is a mixture of day trips and multi-day camping trips. Participants will attend sessions with lectures, role-plays and topical demonstrations by police officers in the areas of law, behavioral science, drug prevention and gang resistance. Transportation will be provided to and from the field trips. Each site is accessible by public transportation.

The Police Youth Adventure series of camps will begin on June 2017 and the last trip for the year will be July 2017.

ENROLLMENT IS FOR A LIMITED TIME ONLY!

To apply for this year's Hualapai Police Youth Adventure Camp, please complete the application and return it to the address below for processing and for questions pertaining to the camp please contact Police Officer Jack Goins at 928.769.1024.

Preference will be given to individuals who have not previously attended and Native Preference is a deciding factor if space becomes limited.

Applications may be refused without notice by Camp Administration for such reasons as school behavior and/or criminal matters.

- NO Application will be accepted AFTER: Monday, May 15th 2017.

Return the completed application to:

Attn: Angela Chavez, Director
Hualapai Adult Detention Center
P.O. Box 69
924 Rodeo Way
Peach Springs, AZ 86434
Telephone #: 928.769.2490
Fax #: 928.769.2459

Return the completed applications to:

Attn: Jack Goins, Youth Police Officer
Hualapai Police Department
P.O. Box 490
468 Diamond Creek Road
Peach Springs, AZ 86434
Telephone #: 928.769.1024
Fax #: 928.769.1027

Hualapai Police Adventure Camp Application 2017

Youth Application Deadline: Friday May, 15th 2017

☐ May 31-June 3, 2017, Hualapai Mountains

Camping

Includes movie and bowling in Kingman.

☐ June 7, 2017, BHC Davis Camp river trip

☐ June 14, 2017 Adventure Dome Las Vegas NV.

☐ June 28, 2017 Kingman Pool

☐ July 9th -13th 2017 California Trip.

☐ July 19, 2017 Wet N Wild Water Park NV.

☐ Open **additional trips depending on funding**
(Family outing and BBQ) will be announced

*****MUST participate in the camping excursion as well as 2 day trips prior to the California trip.*****

Camper Information:

Name: _____ Date of Birth: ____ / ____ / ____ Age: _____

Mailing Address: _____ Apt#: _____

City: _____ State: _____ Zip Code: _____

Home Phone: () - _____ Cell Phone: () - _____

Gender: ☐ Male / ☐ Female

Is your child a returning camper? ☐ Yes / ☐ No

T-Shirt Size (Circle one) Youth: S M L XL / OR / Adult: S M L XL XXL XXXL

Current School: _____

Current Grade Level: _____

Tribal Affiliation? ☐ Yes / ☐ No If yes, which tribe? _____

CHECK LIST

_____ Parent / Guardian Information (Emergency Contact)

_____ Medical Health Information form

_____ Include the student / parent contract sheet

_____ Permission In and Out of State Travel

_____ Photography Release Form

_____ Immunization Record (attach)

_____ Certification of information provided

_____ Notarization

Parent / Guardian Information 1 (Emergency Contact)

Name: _____ Relationship to Participant: _____
 Street Address: _____ Apt#: _____
 City: _____ State: _____ Zip Code: _____
 Home Phone: () - _____ Cell Phone: () - _____
 Employer: _____ Work Phone: () - _____
(If unemployed, write "None")

The above Parent/Guardian(s) is the legal Parent or Guardian of above listed child and is the contact person(s) in the event of an emergency: ☐ Yes / ☐ No

The above person is authorized to pick-up my child at the end of each day (Camp session) or in the event of an emergency: ☐ Yes / ☐ No

Parent / Guardian Information 2 (Emergency Contact)

Name: _____ Relationship to Participant: _____
 Street Address: _____ Apt#: _____
 City: _____ State: _____ Zip Code: _____
 Home Phone: () - _____ Cell Phone: () - _____
 Employer: _____ Work Phone: () - _____
(If unemployed, write "None")

The above Parent/Guardian(s) is the legal Parent or Guardian of above listed child and is the contact person(s) in the event of an emergency: ☐ Yes / ☐ No

The above person is authorized to pick-up my child at the end of each day (Camp session) or in the event of an emergency: ☐ Yes / ☐ No

Medical / Health Information

1. List any specific medical conditions or behavioral problems: _____
2. Does your child have any other allergies (food, hay fever, etc.)? _____
 If yes, please specify: _____
3. Are there any activities in which your child can not participate in? _____
 If yes, please specify: _____
4. Are there conditions or specific needs that require special attention? _____
 If yes, please specify: _____
5. Will your child be taking medications during camp hours?
 If yes, please list:

1. Medication: _____	Time: _____
2. Medication: _____	Time: _____

Please pack all medications in a sealed container, clearly labeled with your child's name, age, medication, dosage and time and deliver to your child's camp director for camping events or daily events.

The information listed on this health information form is correct to the best of my knowledge, and the camper described herein has permission to engage in all prescribed camp activities, except as noted on this form.

I, _____ as parent/guardian, authorize Hualapai Police Youth Summer Camp personnel to seek emergency treatment as required and to transport my child to the appropriate medical facility in the event that urgent/emergency care is necessary.

Signature _____ Date: _____

Student / Parent contract sheet
Terms and Conditions of Enrollment
Rules & Regulations
(ZERO TOLERANCE)

1. **ABSOLUTELY no electronics.** (Cell phones, Tablets, Laptops, MP3 players, etc.) If any of these items are found they will be taken for safe keeping and returned to the camper upon return to Peach Springs, AZ.
2. I will be respectful to others at all times, not use profanity or obscene language, no horseplay is not allowed, NO kicking, Hitting, Spitting, Fighting, or Shoving, No Vandalism, No large amounts of candy, small amounts are acceptable.
3. I will stay with my assigned team & team leader, I will listen to all chaperones and any staff assigned to assist with camp at all times, including but not limited to the Hualapai Police Explorers.
4. I understand that my parent/guardian will be called to pick me up for continuous disruptive behavior including out of state events.
5. **ABSOLUTELY NO DRUGS, ALCOHOL AND/OR POSSESSION WILL BE TOLERATED.**
6. I will respect camp sites and their belongings; I will clean up the campsite when asked.
7. I understand that I will be assigned to different tasks such as water detail, cleanup, or other duties assigned.
8. Bags of all Children and Chaperones are subject to search at any time by a Hualapai Nation Police Officer or K-9 and not limited to other Agencies Law Enforcement Officers as deemed necessary.
9. First come, first serve basis. Please get your COMPLETED application in as soon as possible.
 **** Applications are due by Friday ~May 15th 2017.****
10. Any child under the age of 10 shall be accompanied by parent/guardian/relative or caretaker.
11. I am aware my child must follow the rules and regulations of the summer camp program if my child does not follow the rules and regulations; I understand that my child may be dismissed from the Hualapai Police Adventure Camp if he or she does not comply with the rules. I understand that it is my responsibility to pick up my child at the camp, or activity site when the child is dismissed.
12. The Hualapai Police Adventure Camp or any affiliates, volunteers, speakers, guests, or staff are not liable for any injuries, damage, sickness, or any unforeseen events (ie Death) which may occur while attending the camping event.
13. The Hualapai Police Adventure Summer Camp or any affiliates, volunteers, speakers, guests, or staff are not liable for any money / cash, personal items (Clothing, etc.), electronic devices (Cell phones, Laptops, Tablets, MP3 players, DVD players) that are lost, stolen or damaged while attending camp, and any other items not listed on this application.
14. I consent that in an emergency Hualapai Police Adventure Camp may obtain medical treatment if necessary. I understand that if medical treatment is deemed necessary I will be informed as soon as possible.
15. I understand that my child can call home anytime. I also understand that I will be given a cell phone number that I can call to get a hold of my child in case of an emergency.

I read the application and all the information provided. I understand the terms of the application and by signing below I agree to the terms and conditions set forth by the Hualapai Police Adventure Camp.

Camper's Name: _____ Parent/Guardian Name: _____

Camper's Signature: _____ Parent/Guardian Signature: _____

Permission for In State & Out of State Travel**Hualapai Police Adventure Camp 2017***Permission for In State & Out of State Travel**Parental Consent Form**Permission slips for travel inside & outside the State of Arizona without parent / guardian*

I, _____, Parent(s)/Guardian(s) of _____, minor child, do hereby authorize the **Hualapai Police Adventure Camp**, of said minor child to participate in activities within the state of Arizona & **California** to attend theme parks including but not limited to Knott's Berry Farm, The Pirate Dinner Theater, and / or Beaches around the immediate area. I/We authorize Hualapai Police Adventure Camp to provide or make medical treatment decisions for urgent/emergency treatment on said child in the event of an emergency while in California. I/We [] Have [] Do Not Have Major Medical Insurance that will cover the child for medical treatment outside the State of Arizona. I understand that I will be held liable for payment of emergency services my child may receive during out of state travel.

Signature_____
Date**Photography Release Form**

I hereby consent to the taking of photographs, movies, Internet use, and videotapes, of my child, agreement by signing this application, by Hualapai Police Adventure Camp or its designated representatives. I also grant the right to edit, use and re-use said products for any and all educational, public service, or not for profit purposes selected by Hualapai Police Youth Summer Camp and release any and all rights, title, and interest we or the child may have in said products. Photocopies and facsimiles of this release and consent shall have the same legal effect as the original.

Applicants Legal Name (Print): _____

Parent / Legal Guardian's Name (Print): _____

Parent / Guardian Signature_____
Date**CERTIFICATION OF INFORMATION PROVIDED**

To the best of my knowledge and belief, all the information set forth within this application is complete, true and correct. All the entities participating in the camp may rely on the information contained herein to make a decision as to whether or not this applicant may safely complete the activities required to participate in the camp. Information related to medical / psychological background will be shared with the camp coordinators. Application younger than 18 years must have a parent or legal guardian sign. Hualapai tribe reserves the right, in its absolute discretion, to terminate this camp or anyone's participation in the camp, at any time, for any reason, including but not limited to any applicant's failure to comply with any application requirements or camp administrator's directives.

Applicants Legal Name (Print): _____

Parent / Legal Guardian's Name (Print): _____

Parent / Guardian Signature_____
Date

***** NOTARIAL ACKNOWLEDGEMENT *****

Attachment Certificate

STATE OF _____)

COUNTY OF _____)

This instrument was acknowledged before me this _____ day of _____, 2017, by _____.

SIGNATURE OF NOTARY PUBLIC

Description of document this notarial certificate is being attached to:

Type / Title	
Date of Doc	
Number of Pages	
Add'l Signers (other than those named in the notarial certificate.)	

<input type="checkbox"/> May 31-June 3, 2017 Hualapai Mountains Camping/Twenty Pines. Included movie and bowling. <input type="checkbox"/> June 7, 2017, BHC Davis Camp 1 day river trip, AZ. <input type="checkbox"/> June 14, 2017 Adventure Dome Las Vegas NV. <input type="checkbox"/> June 28, 2017 Kingman Pool <input type="checkbox"/> July 9 th -13 th 2017 California Trip.	<input type="checkbox"/> July 19, 2017 Wet N Wild Water Park Las Vegas NV. <input type="checkbox"/> **Additional trips depending on funding TBD** (Family outing and BBQ) will be announced ***MUST participate in the camping excursion as well as 2 day trips prior to the California trip.***
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Tuition: No tuition

Camp Attire: Campers should bring a sweater, jacket (cold days or areas where cold weather is expected), pants, and swim wear when in areas where water is present.

Camping trips:

1. Jacket / Sweater	<input type="checkbox"/>	6. Pants / Sweats / Shorts	<input type="checkbox"/>
2. Rain Coat	<input type="checkbox"/>	7. Sleeping Bag / Pillow	<input type="checkbox"/>
3. Socks / Underwear / Thermos	<input type="checkbox"/>	8. Sun block	<input type="checkbox"/>
4. Pair of Swimming clothes	<input type="checkbox"/>	9. Tent (optional)	<input type="checkbox"/>
5. Flashlight	<input type="checkbox"/>	10. Towel / Wash Cloth	<input type="checkbox"/>

Participant will need to plan for 5 days of clothing for emergency purposes where unseen days may be needed.

California trip:

1. Light Jacket / Sweater	<input type="checkbox"/>	5. Sleeping Bag / Pillow	<input type="checkbox"/>
2. Pants / Sweats / Shorts	<input type="checkbox"/>	6. Sun block	<input type="checkbox"/>
3. Socks / Underwear	<input type="checkbox"/>	7. Tent (optional)	<input type="checkbox"/>
4. Pair of Swimming clothes	<input type="checkbox"/>	8. Towel / Wash Cloth	<input type="checkbox"/>

Participant will need to plan for 4 days of clothing for emergency purposes where unseen days may be needed.

Food and snacks for camping trips will be provided by Camp.

*****Camp is limited on supplies on sleeping bags and tents.*****

Hualapai Police Adventure Camp 2017 Itinerary

Dates and times subject to change if needed, notice will be given if such changes are made.

1. Hualapai Mountains/Twenty Pines May/June , 2017 ****Four (4) day excursion****
 - ❖ Depart: May 31, 2017 Time: 9:00 AM check in: 8:30 am
 - ❖ Return: June 03, 2017 Time: 5:00 PM
 - * Bowling and movie in Kingman
2. Bullhead City, Camp Davis river trip June , 2017 ****One (1) day trip****
 - ❖ Depart: June 07, 2017 Time: 8:30 AM check in: 8:00 am
 - ❖ Return: June 07, 2017 Time: 6:00 PM
3. Adventure Dome, Las Vegas, NV June , 2017 ****One (1) day trip****
 - ❖ Depart: June 14, 2017 Time: 8:30 AM Check in: 8:00 am
 - ❖ Return: June 14, 2017 Time: 8:00 PM
4. Kingman pool, Kingman, AZ June , 2017 ****One (1) day trip****
 - ❖ Depart: June 28, 2017 Time: 10:00 AM Check in: 9:30 AM
 - ❖ Return: June 28, 2017 Time: 5:00 PM
5. California Trip July 9-13, 2017 ****Four (4) day excursion****
 - ❖ Depart: July 9th Time: 7:00 AM Check in: 6:30 AM
 - ❖ Return: July 13th Time: 6:00 PM
6. Wet N Wild Water Park, Las Vegas, NV. July , 2017 ****One (1) day trip****
 - ❖ Depart: July 19, 2017 Time: 7:30 AM Check in: 7:00 AM
 - ❖ Return: July 19, 2017 Time: 9:00 PM

KEEP THIS PAGE FOR YOUR INFORMATION

****Times subject to change****